MARTHA STEWART

Living

THE FOOD ISSUE

COOL SUMMER

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Martha's June

GENTLE REMINDERS, HELPFUL TIPS, AND IMPORTANT DATES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Put tomato seedlings in the ground	**2** Start pumpkin patch	**3** Fertilize clematis	**4** Make sautéed scallops with caper brown butter (see page 13)	**5** Pick strawberries with Jude and Truman
6 Cut poppies for arrangements (see page 68)	**7** Plant agaves in garden urns	*Yoga* **8** Godson Augustine Booth-Clibborn's birthday	**9** Check tires and sharpen blades on lawn mowers	*Cardio and core* **10** Prune lilacs	*Weight training* **11** Harvest currants	**12** Westminster Kennel Club Dog Show Go for a hike
13 Westminster Kennel Club Dog Show Executive manager Dorian Arrich's birthday	*Weight training* **14** FLAG DAY Make Guntur-chile chicken (see page 78)	*Yoga* **15** Take drone photos of farm	**16** Niece Erica Scott's birthday	*Cardio and core* **17** Clip garlic scapes for cooking	*Weight training* **18** Harvest lettuces	**19** Go for a swim
20 FATHER'S DAY SUMMER SOLSTICE Brunch with Alexis, Jude, Truman, and Kevin Sharkey	*Weight training* **21** Pick and freeze peas	*Yoga* **22** Take photos of the farm for my blog	**23** Give Bête Noire and Crème Brûlée a bath	*Cardio and core* **24** Deadhead peonies	*Weight training* **25** Cut and dry lavender	**26** Go for a horseback ride
27 Cut roses for arrangements	**28** Weed vegetable beds	*Weight training* **29** Go for an early-morning swim	*Yoga* **30** Start picking raspberries			

| MARTHA'S ADVICE |

NEW HEIGHTS

Martha grows many varieties of clematis, from purple 'Rhapsody' (shown) to bell-shaped, lavender 'Betty Corning'. She feeds them with a balanced organic fertilizer when they've budded, and again in fall. To train the vines to climb, she wraps copper wire around the granite posts of her pergola for the tendrils to wind up. By July, they're covered in blooms.

JOHNNY MILLER

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| ON THE COVER |

FREEZE FRAME Chewy chocolate "brookies" sandwich store-bought ice cream in these dreamy treats (page 63). Photograph by Con Poulos. Recipe by Greg Lofts. Styling by Steve Pearce.

Full Steep Ahead

I'M EMBRACING the slow summer this year. As much as I'm excited to have things speed up, and see the people and places that I've missed, my plan is also to thoroughly soak up all things June. This month is often treated like a warm-up to "real" summer. But then like clockwork, the Fourth of July comes around, and I'm left wondering, *Where did June go?* Not this year. My goal is to stretch these days out with more experiences, more fun, and the most delicious food (behold the offerings at the local farmers' market!). This means that every meal that can be enjoyed alfresco, will be. Ditto for reading, writing, working, phone calls, meetings—let's take that all outside. And when presented with any opportunity to get *in* a body of water or *on* said water or just sit *near* it: I will seize it like it's my job. It's a divine time of year—the real beginning of summer—so why not savor every moment?

Our annual food-and-entertaining issue is a serendipitous primer to this approach—our amazing food team, led by Sarah Carey, will energize everything you eat. You'll find easy, laid-back ideas for any meal of the day, and dinners for any night of the week. I hope you will be able to gather with your nearest and dearest, light up that grill, and toast the season among the fireflies. Happy summer!

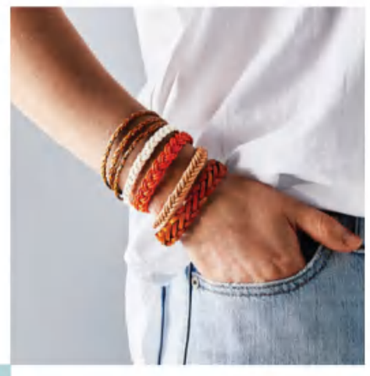
Elizabeth

Elizabeth Graves, Editor in Chief

Let's keep in touch!
Email me at *elizabeth@marthastewart.com*
Follow me on @ebgraves

For all subscription inquiries, call 800-999-6518.

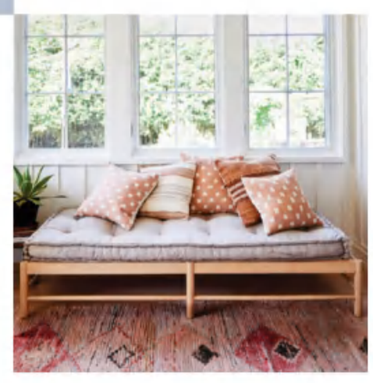
| *LIVING* IN MY LIFE |
Here, just a handful of things that I'm looking forward to this month . . .



1
DIY-ING IT These braided beauties take me back to weeks at summer camp. But I'll wear the chic leather upgrade long past Labor Day. Page 17.

2
COOLING OFF I can't wait to make these heavenly cones for my son—and mom. They bond over their love of ice cream. Page 65.

3
SPOTTING BEAUTY Martha's poppies are a sight to behold—and now I can identify a bigger world of varieties. Page 68.



4
COOKING UP From weeknight grilling (page 90) to eating in season (page 54) to creating healthier sides (page 49), this issue has my cravings covered.

5
DAYDREAMING And when I need some shade, this renovated farmhouse is a nice place to take inspiration from. Page 82.

NICO SCHINCO (BRACELETS, SALAD); CON POULOS (ICE CREAM); NGOC MINH NGO (POPPIES); DANA GALLAGHER (COUCH)

PORTRAIT BY LIZ BANFIELD

ALL-NATURAL BLISS

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Just farm fresh milk & cream,
pure cane sugar, and flavor
from Madagascar vanilla.
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Out & About

WHERE TO GO, WHAT TO SEE, AND HOW TO EXPAND YOUR HORIZONS THIS SUMMER

| ON THE ROAD |

ULTRA VIOLET

Provence isn't the only place to rendezvous with rows of lavender. At **Los Poblanos Historic Inn & Organic Farm,** in Albuquerque, New Mexico (shown; *lospoblanos.com*), rise at dawn to harvest a bundle by hand. The fresh crop infuses everything from dreamy cocktails at the on-site bar to shampoo in all the rooms. Here, more purple fields that conjure the French countryside.

FAIRMONT, W. VA.

The thousand-plant plot at Stone House Lavender is a vibrant gem set in a rolling green meadow—and a calming locale for once-weekly sunset yoga. ***stonehouselavender.com***

HARWICH, MASS.

Shaded woodland trails surround Cape Cod Lavender Farm's fragrant flowers, which are steam-distilled each summer into a skin-soothing mist. ***capecodlavenderfarm.com***

MULINO, ORE.

More than a dozen cultivars grow at RavenCroft. Visit the shop to buy a handful or stock up on essential oils blended by the garden's chemist-owner. ***ravencroft.net***

EAST MARION, N.Y.

Long Island's mild sea breeze wafts across the 17 acres of Lavender by the Bay, a haven for bees (cue the lavender honey) and flower-philes, including Martha herself. ***lavenderbythebay.com***

A Rediscovery of Recipes & Rituals from the Soul of Colombia
COLOMBIANA
MARIANA VELÁSQUEZ
PHOTOGRAPHY BY GENTL & HYERS
AUTHOR OF ZAITOUN
YASMIN KHAN
RIPE FIGS
Recipes and Stories from Turkey, Greece, and Cyprus
BRESS 'N' NYAM
Gullah Geechee Recipes from a Sixth-Generation Farmer
MATTHEW RAIFORD

| ON OUR BOOKSHELF |

Take a culinary world tour this month via three vibrant new cookbooks. ***Colombiana*** (HarperCollins), Mariana Velásquez's homage to her home country, beams you to Bogotá with regional specialties such as aji, the spicy-as-you-like-it, herbal-green salsa that tops her tamales, arepas, and one-pot stews. Yasmin Khan's ***Ripe Figs*** (W. W. Norton) includes the crisp halloumi saganaki and tomato-and-mint-stuffed grape leaves (aka dolmades) you'd find across Greece, Turkey, and Cyprus, and chronicles her recent travels there, exploring migrant neighborhoods and cooking with refugee communities. And Sea Island red peas send you to Matthew Raiford's 28-acre farm in balmy Brunswick, Georgia. The author of the Gullah Geechee cookbook ***Bress 'N' Nyam*** (Countryman), which translates as "bless and eat," grows them (and lots more) on land his ancestors bought after being emancipated from slavery, and cooks them up in reezy-peezy, the Gullah version of hoppin' John.

| CELEBRATE |

Juneteenth

On June 19, 1865, the country's last enslaved people were freed in Galveston, Texas. Honor the anniversary at these virtual events:

Dallas
Explore the cultural impact of this day with Pulitzer Prize–winning historian and Texas native Annette Gordon-Reed. She'll discuss her new book, *On Juneteenth* (Liveright), at the Dallas Museum of Art, following remarks by 94-year-old activist Opal Lee.
June 15, dma.org

—

Denver
For its Dream Big Awards showcase, the Juneteenth Music Festival's six-hour broadcast spotlights eight social-justice leaders through roundtables and live entertainment.
June 18, juneteenthmusicfestival.com

—

Wilmington, Del.
Empowering young women is a goal of the Miss Juneteenth Family Enrichment Program. Contestants take part in Black history and community-service workshops, and answer timely questions in a pageant for the title—and a college scholarship.
June 13, limited in-person seating, delawarejuneteenth.org

SERGIO SALVADOR (LAVENDER); COURTESY OF PUBLISHERS (BOOKS)

Note: Dates listed are as of press time.

Living It Up

WHERE TO FIND US BEYOND THESE PAGES

| FOLLOW THE LEADER |

Dive into summer with Martha! You won't want to miss what our fearless founder is up to this month. She snapped this selfie at home last year in East Hampton, New York—and made a megasplash sharing it on Instagram (*@marthastewart48*), nabbing nearly 250,000 likes and a Chelsea Handler homage.

| PASSION PROJECT |

"When I heard about **Bakers Against Racism,** I was thrilled to take part, whipping up shortbread bars and a rhubarb pie for one of the group's nationwide bake sales. So far, the sales have raised over $2 million for social-justice causes; more are in the works. To get involved, visit *bakersagainstracism.com*—even a dozen cookies can make a difference." *—assistant food editor Riley Wofford*

| THINK SMALL |

We love supporting local businesses, in the mag and IRL. This month, we're pulling over at . . .

Baker Street Market
Creative director Abbey Kuster-Prokell is on a first-name basis with the owners of this **Maplewood, New Jersey,** purveyor of local meats, cheeses, and artisanal pantry staples. ***bakerstmarket.com***

—

El Machete
The handcrafted chili sauces from this **L.A.** farmers'-market vendor hit the hot spot for senior food editor Lauryn Tyrell. ***elmachete.com***

—

Due Focacceria
Associate designer Madeline Warshaw's idea of a happy meal: warm, crusty focaccia spread with fresh tomato conserva from this **St. Paul, Minnesota,** bakery. ***duefocacceria.com***

| WANTED |

"I love a lightweight tote. You can throw everything you need for the day in this one and still have room for picking up a few things along the way. It has a pretty, fray-proof edge, and the gingham check just says 'summer.'"

—style director Tanya Graff

—

THE DETAILS: Tenjin linen bag, *in Navy, $50, tenjin-global.com.*

| MEET & GREET |

Sarah Carey

Editorial director, food and entertaining

Years with Martha: 21, starting as a segment chef on *Martha Stewart Living*, the TV show. **Hometown:** Woodstock, New York. **Unofficial title:** Piecrust whisperer. "Martha taught me how to make it in a food processor, and it changed my life: I can crank out 12 in an hour, just as delicious and flaky as the old-fashioned way." **What she'd grab from a burning kitchen:** Her spider, a small wire scoop with a bamboo handle. "I use it to lift practically anything out of hot water or oil." **Her June jam:** Picking strawberries at Greig Farm, in Red Hook, New York, and biking through the Catskills to load up on wild black raspberries—my yearly "tour de berries," she says.

GET HER FAVORITES

For Sarah's must-make strawberry recipes, hover your phone camera here, or go to *marthastewart.com/strawberryrecipes*.

COURTESY OF MARTHA STEWART (MARTHA); COURTESY OF MANUFACTURER (BAG); COURTESY OF BAKER STREET MARKET (SANDWICHES); SHIRA BOCAR (SARAH); COURTESY OF SARAH CAREY (BERRIES)

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From MARTHA

TEACH AND INSPIRE

ON THE GREENS
Tangerine juice adds sweetness and acidity to the caper brown butter on these seared scallops. They're served over a bed of wilted spinach, which was tossed with a few pats of butter in a hot skillet.

A Fresh Catch

Martha loves all kinds of seafood, and for good reason: It's healthy and delicious, and shines in the simplest of dishes. She recalls a few bracing aquatic adventures and shares her go-to summer recipes for scallops, shrimp, and swordfish.

PHOTOGRAPHS BY JOHNNY MILLER

MAIN SQUEEZE
Martha juices a lemon into a citrusy, herby marinade for her delectable swordfish dinner. When buying seafood, ask to smell it (don't be shy!) to make sure it is fresh. It should smell faintly briny but never fishy.

HAVE YOU EVER dived for scallops? Or gone deep-sea fishing for the big ones, like swordfish? Or dressed head-to-toe in white rubber boots and yellow pants and jacket and gone shrimping? I'm lucky to have done all three. I enjoyed each adventure thoroughly, and learned just how difficult each task really is. Most of all, I loved taking the catch home to use in elegantly crafted recipes, many developed in the kitchens of *Living.*

One January day, dressed in a dry suit, I was lowered more than 25 feet below the ocean's surface to search for sea scallops. For me and the fishermen I was with, it was a relief to escape the frigid air and be submerged in the 38-degree water. The scallops were abundant. We lifted them easily into baskets, which were then raised by rope to the boat above. Large, sweet, and cherished by many chefs, sea scallops should be treated like jewels, carefully extricated from their hinged shells and eaten as quickly as possible after harvesting.

Deep-sea fishing for large game is very different: You're seated in a secure chair, with a harness around your middle to hold the rod and reel. The first hit of a hundred-pound sailfish is a heart-stopper. Following the instructions of the captain, you reel in slowly, then fast, then slowly again, tiring the fish as you lure it to the side of the boat.

Shrimping, on the other hand, involves great nets being dragged through the sea to harbor, filled with wiggling gray, pink, or white crustaceans. The shrimpers draw up the nets by winch and spill them into giant tubs, where they're sorted from myriad fish (those are thrown back into the sea), leaving mounds of lovely shrimp for cocktails, chowders, tempuras, and fritters.

Whether you catch your own or purchase from a trusted fishmonger, freshness is all-important. Search for the best, please. I hope you enjoy these dishes created by me and Sarah Carey, our editorial director of food, and invite some friends over to share the delicious results!

MAKEUP BY DAISY TOYE

Sautéed Scallops With Caper Brown Butter

To ensure a good sear and avoid toughness, heat your pan thoroughly.

- **12 large sea scallops (about 1 pound)**
- **Instant flour, such as Wondra, or all-purpose flour, for dusting**
- **2 tablespoons vegetable oil**
- **Fine sea or kosher salt**
- **4 tablespoons unsalted butter**
- **1 tablespoon small capers, drained**
- **2 tablespoons fresh tangerine or orange juice, plus wedges for serving**
- **1 tablespoon finely shredded mint leaves, plus more small whole leaves for serving**
- **2 teaspoons lemon juice, plus more as needed**
- **Warm wilted spinach, for serving**

1. Pat scallops dry; dust flat sides with flour. Heat a skillet over medium-high; swirl in oil. Season scallops with salt, then add to skillet and cook, undisturbed, until browned on bottoms, 1 to 1½ minutes. Flip and cook until browned and cooked through but still slightly pink in center, 1 to 2 minutes. Transfer to a platter; cover to keep warm. Rinse skillet and wipe dry.

2. Return skillet to medium heat. Melt 3 tablespoons butter, then continue to cook, swirling skillet, until milk solids on bottom turn light golden brown, about 2 minutes. Add capers; cook 30 seconds. Add tangerine juice; let bubble up and subside, then remove from heat. Add remaining 1 tablespoon butter and swirl skillet to melt and thicken sauce. Season with salt; stir in mint and lemon juice, adding more lemon to taste.

3. Serve scallops over spinach, drizzled with sauce and sprinkled with more mint leaves, with tangerine wedges alongside.

ACTIVE/TOTAL TIME: 25 MIN. | **SERVES:** 4

Herby Broiled Swordfish With Roasted Cherry Tomatoes

For a nice presentation, use cherry tomatoes on the vine.

- **3 tablespoons chopped fresh herbs, such as parsley or dill, or a combination**
- **6 tablespoons extra-virgin olive oil**
- **½ teaspoon finely grated lemon zest, plus 2 tablespoons fresh juice**
- **Kosher salt and freshly ground pepper**
- **3 cups cherry tomatoes (1½ pints)**
- **2 cloves garlic, minced (2 teaspoons)**
- **Pinch of red-pepper flakes**
- **3 swordfish steaks (each 1 inch thick; about 1½ pounds total)**

1. Preheat oven to 425°, with a rack 6 inches from heating element. Stir together herbs, ¼ cup oil, and lemon zest and juice; season with salt and pepper.

2. Toss tomatoes with remaining 2 tablespoons oil; season with salt and pepper. Arrange tomatoes in a shallow nonreactive baking dish and roast, stirring once halfway through and breaking up some with back of spoon, until burst and beginning to collapse, 15 to 20 minutes. Stir in garlic and red-pepper flakes; roast 5 minutes more. Remove from oven and cover; switch oven to broil.

3. Meanwhile, season swordfish with salt and pepper and rub half of herb oil over both sides. Let stand 15 minutes. Arrange fish on a broiler-safe pan and broil, flipping halfway through, until cooked through and browned in places, 6 to 8 minutes total. Transfer to dish with tomatoes, slice, and serve, drizzled with remaining herb oil.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 45 MIN.
SERVES: 4

Crunchy Shrimp Fritters

Test-fry one fritter first: It should sink to the bottom and spread out a bit. If it breaks into little pieces, add more rice flour to the batter, a tablespoon at a time.

- **1 lemon, plus zest and wedges for serving**
- **Kosher salt**
- **12 ounces large unpeeled shrimp (about 10)**
- **Vegetable oil, for frying**
- **¾ cup white rice flour (such as Bob's Red Mill), plus more as needed**
- **1 teaspoon baking powder**
- **1 teaspoon sugar**
- **¾ cup seltzer or club soda, plus more as needed**
- **1 large egg, whisked**
- **Tartar sauce (for recipe, go to *marthastewart.com/shrimpfrittertartar*), for serving**

1. Grate 1 teaspoon zest from lemon, then cut in half. Place both halves and 4 cups water in a saucepan; bring to a boil and add 1 tablespoon salt. Add shrimp; return to a boil, then reduce heat and simmer until just cooked through, about 1 minute. Drain; let cool 15 minutes. Peel and cut into a ¼-inch dice (about 1½ cups).

2. Heat 1½ inches oil in a medium heavy-bottomed pot over medium until a deep-fry thermometer reads 350°. Whisk together flour, baking powder, sugar, 1 teaspoon salt, and lemon zest. Whisk seltzer and egg into dry ingredients. (Batter should have the consistency of thick honey. If too thick, add more seltzer; if too thin, add 1 tablespoon rice flour.) Stir in shrimp.

3. Working in batches, and using two tablespoons (one to scoop, one to scrape), drop batter in oil. Fry, turning occasionally, until cooked through and golden brown, 3 to 4 minutes, adjusting heat as needed to keep oil between 340° and 350°. Transfer to a paper-towel-lined baking sheet; sprinkle with salt. Serve immediately with tartar sauce and lemon wedges and zest.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 50 MIN.
SERVES: 4 TO 6

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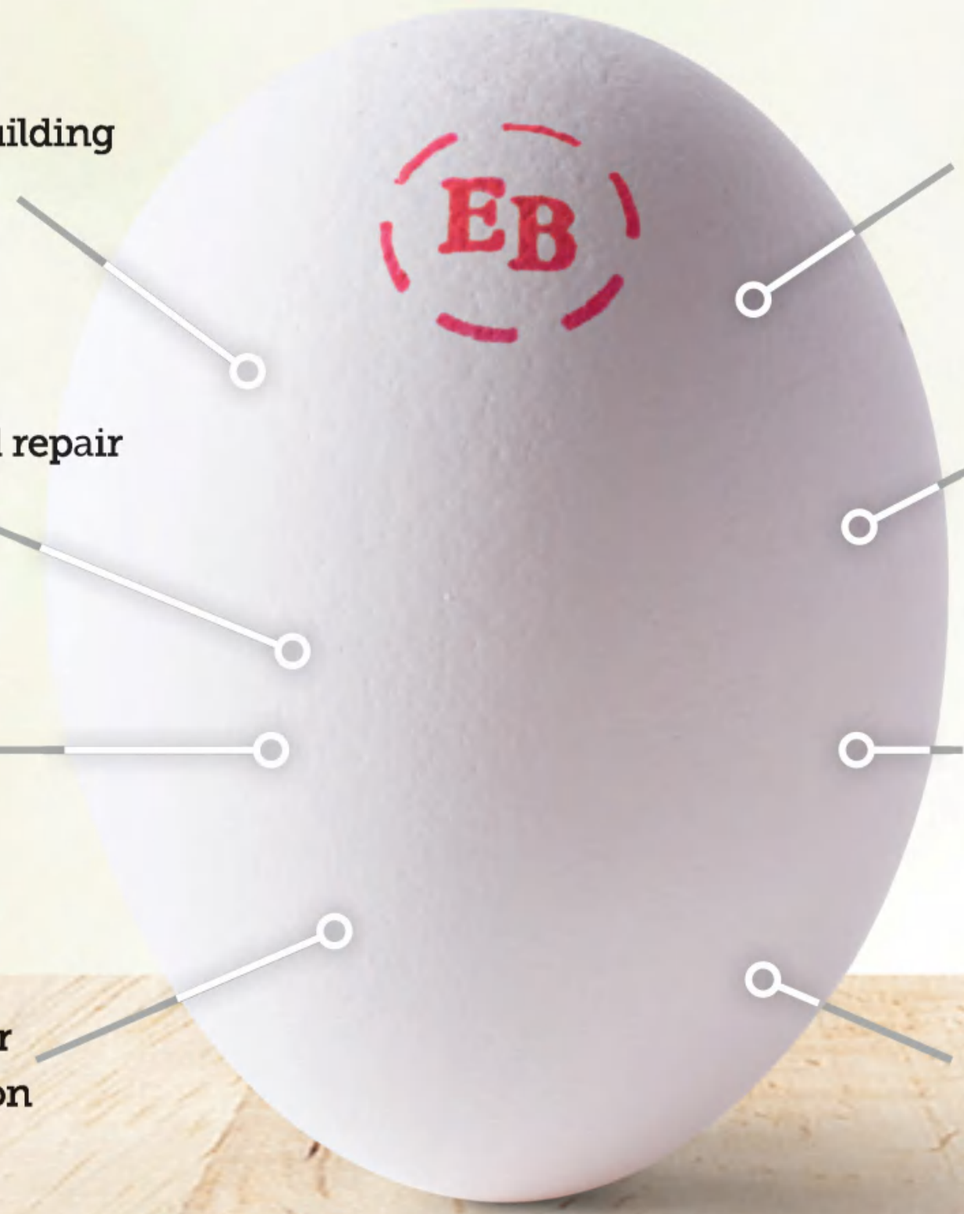

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Good THINGS

FRESH IDEAS TO ELEVATE THE EVERYDAY

| INSTANT UPGRADE |

Sweet and Low

For impromptu outdoor dining that's more elevated than a blanket, push two picnic benches together to make a pop-up table. They're lighter to move around the yard and into the shade than the whole shebang, and offer a steady surface for all (kids in wet swimsuits included) to perch plates and drinks. Just add floor pillows, and sink into a movable feast. For sources, see page 103.

TEXT BY LISA BUTTERWORTH

STYLING BY NAOMI DEMAÑANA

PHOTOGRAPHS BY NICO SCHINCO

| EASY ENTERTAINING |

Sparkling Sips

Pitcher this: peak-season fruit, tart citrus juice, and just enough bubbly effervescence to feel like a celebration. That fizzy formula is what makes this punch so pleasing. Even better, you can mix the fruit and juices together up to 12 hours ahead of a graduation toast, Father's Day fête, or happy-hour hangout. We used sweet and tart cherries and oranges here, but also dreamed up two equally refreshing combinations: strawberries, lemons, and guava; or blackberries, limes, and passion fruit. When you're ready to start the party, top it off with seltzer (and a splash of white rum or tequila, for an adult batch). For all three recipes, see page 96.

| THE FIND |

A Clean Break

Maybe you can't blow glass at home (yet!), but with a bottle cutter, you can certainly transform it. And this is the tool all your empties have been waiting for. We tested a handful, and Home Pro Shop's bundle stood out for its ease of use ($33, *amazon.com*). Rest the bottle snugly on the rollers, turn it to etch the glass surface (with a dull cutting knife that stays far from fingers), and dunk it from boiling water to ice water and back again to break the glass at the scored line. Smooth the edges with the included sandpaper, and it's ready to fill with blooms, a votive, or (full-circle alert) wine.

FOOD STYLING BY GREG LOFTS, PROP STYLING BY SUZIE MYERS (DRINKS); PHOTOGRAPH BY PETER ARDITO (CLASP); ILLUSTRATIONS BY BROWN BIRD DESIGN

| DIY STYLE |

Weave Got It

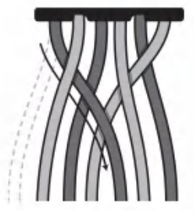
Braided string bracelets have a special place in our hearts, but they're as fleeting as a week at summer camp. These grown-up leather versions are for keeps: They'll last well past Labor Day, and look even better over time on your own arm or those of the lucky friends, grads, or even dads you gift them to. Cut foot-long strands of the cord, then pick your plait: chunky traditional, sleek fishtail, or wide snake belly (see our how-to, right). If you're crafting for a crew, you can use prebraided cord. Once you've got a length that'll wrap comfortably around your recipient's wrist, trim the ends, add a dot of hot glue, and tuck them into the caps of a magnetic clasp closure (right) for a secure and shining finish.

THE DETAILS:
Top right: **Bronze-tone magnetic jewelry clasp,** *$15 for 10, oldschoolgeekery.etsy.com. On model:* **Leather Cord USA flat braided 3-strand cord,** *2 mm, in Natural Brown, $10 for 2 m;* **round leather cord,** *2 mm, in Orange, $3.75 for 2 m; and* **round leather cord,** *2 mm, in Natural, $3.75 for 2 m, leathercordusa.com.* **ArtMinds suede lace,** *3 mm, in Ivory, $12 for 25 yd.; and* **Bead Landing deerskin lace cord,** *3.1 mm, in Saddle Tan, $25 for 15.2 m, michaels.com.*

Snake-Belly Braid How-To

STEP 1
Start with 6 strands of leather cord, each a foot long. Secure them side by side in a binder clip.

STEP 2
Bring the far-right strand over the one to its left, then under the next strand to the left.



STEP 3
Bring the far-left strand under the strand to its right, then over the next two strands to the right.

STEP 4
Keep repeating steps 2 and 3 until the braid is the desired length.

PHOTOGRAPHS BY RYAN LIEBE (DIPS, CHESSBOARD, QUEEN), PETER ARDITO (OTHER CHESS PIECES); FOOD STYLING BY GREG LOFTS, PROP STYLING BY SUZIE MYERS (DIPS)

1 — HARISSA-TAHINI YOGURT

Whisk together ½ cup **plain Greek yogurt,** ¼ cup **tahini,** 1 tablespoon **harissa,** 2 teaspoons **fresh lime juice,** and 1 to 2 tablespoons **water;** season with **kosher salt.** Swirl in more harissa, drizzle with **olive oil,** and serve with **carrots.**

2 — CHIVE MASHED-AVOCADO

Mash 1 large or 2 small peeled, pitted **avocados.** Stir in ¼ cup finely chopped **fresh chives** and 2 teaspoons **distilled white vinegar.** Season with **kosher salt** and freshly ground **pepper.** Top with more chives, and serve with thinly sliced **radish** "chips."

3 — LEMON PECORINO-RICOTTA

Combine 1 cup finely grated **Pecorino Romano,** ⅔ cup **ricotta,** 2 tablespoons **olive oil,** and 2 tablespoons **fresh lemon juice;** stir to combine. Season with **kosher salt** and freshly ground **pepper.** Top with a drizzle of oil and more pepper; serve with blanched **Broccolini.**

| RECIPE REMIX |

Slam Dunks

These dip-and-crudités pairings are guaranteed to get plenty of play this summer. They've got all the right moves, from healthy and seasonal ingredients to buzzer-beating prep times and super-fresh flavors. Our lineup, from the top: spicy harissa and savory tahini swirled into yogurt and served with sweet carrots; cool, creamy avocado flecked with chives, delicious with crisp, peppery radishes; and bright, lemony ricotta mixed with sharp Pecorino Romano, a dream when teamed with blanched Broccolini. Each recipe makes about one cup. Take a bite, and your taste buds will be eager for the instant replay.

Battle Royale

To capture Dad's heart by hook or by rook, give him a handmade chess set on Father's Day. Our one-of-a-kind DIY version, which costs a fraction of a designer one, customizes a plain wooden slide box with an easy-to-use stencil and spray paint. Simple wooden shapes and blocks become modern, sophisticated pieces (we painted half of them to match the board, for contrast), and neatly stow away inside. Throw in some wooden disks for checkers, and you'll have double the brainy rainy-day fun.

THE DETAILS: TilnicBox sliding-lid maple box, *13" by 13" by 4", $50, tilnicbox.etsy.com.* **The Stencilsmith game-board stencil 545,** *12", $18, thestencilsmith.com.* **Martha Stewart Paint & Primer spray paint,** *in Gloss Classroom Green, $11 for 8 oz.;* **Woodpecker unfinished wooden blocks,** *1', $11 for 50;* **Auear wooden cones,** *1.97" diameter, $8.50 for 10;* **LearningResources LER4298 wooden geometric solids,** *$22 for 19; and* **Penta Angel faceted geometric wooden beads,** *25 mm, $11 for 20, amazon.com.* **ArtMinds round wooden beads,** *1", $5.50 for 18, michaels.com.*

16 PAWNS
Blocks serve as the most plentiful pieces, no assembly required.

4 KNIGHTS
A single cone is your three-square mover in shining armor.

4 BISHOPS
Hot-glue a disk onto a block, then add a sphere.

4 ROOKS
Stack two blocks, placing the top one diagonally, and hot-glue together.

2 QUEENS
Top a column block with a wooden bead. Push a brass screw "crown" into the bead's hole.

2 KINGS
Hot-glue a faceted wooden bead to a rectangular block. "Crown" it with a brass screw in the bead's hole.

DISCOVER South Carolina

As the birthplace of barbecue, South Carolina's rich tradition of *slow* and *low* cooking generates truly unforgettable flavor, like Darius Rucker's favorite—the legendary pulled pork and ribs from Rodney Scott's. Discover what sets South Carolina barbecue apart at SCBBQTRAIL.COM

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Darius Rucker + Rodney Scott talk BBQ

Good LIVING

HOME, STYLE, BEAUTY, HEALTH

TURNING THE TABLE
A quick power wash and teak oil gave *Living* photo director Ryan Mesina's dining set a rich shine. To see a "before" shot and get the how-to and sources, turn the page.

ART DIRECTION BY RYAN MESINA; STYLING BY LORNA ARAGON

| RESCUE & REVAMP |

Remade in the Shade

Whether it's on the porch, atop your patio, or around a firepit, outdoor furniture is essential to summer chilling. Now's the time to give your favorite pieces a refresh. Learn how to tune up old teak, get your metals gleaming, and paint weathered wicker to look pristine again.

TEXT BY JENNIFER FERNANDEZ

PHOTOGRAPHS BY DANE TASHIMA

BEFORE

Teak Tune-ups

1. BLAST IT

Remove any moss with your hands or a paint scraper. Turn the table over and blitz dirt and mildew off with a power washer. Start with the light fan setting and keep it moving; using too-high pressure or lingering in one spot can cause splintering. Switch to a wide-spray setting to whisk away any dirty water that accumulates. Let dry and repeat, then flip and do the tabletop.

2. GO GRAY (OR NOT)

Teak naturally takes on a silvery patina as it ages. You can leave it untreated and simply power-wash it again as needed. If you prefer a warm-brown, like-new finish, rub in teak oil (try Watco Clear Matte; $12 for 1 qt., *homedepot.com*), and reapply whenever it looks dull.

THE DETAILS *From previous page:* **Ballard Designs Lemans dining-chair cushions,** *$55 each, ballarddesigns.com.* **Mud Australia Paris platter** *(similar to shown), $315, mudaustralia.com.* **Lobmeyer Isle Crawford water pitcher,** *$260, marchsf.com.* **CB2 Marta glasses,** *$16 for 8, cb2.com. This page:* **Minna Angle pillows,** *in Coffee, $240 each, minna-goods.com.* **West Elm Natural Tree Stump side table,** *$299, westelm.com.*

To spiff up an outdoor space top to bottom, refinish the floor. This wooden one is covered in Valspar Latex Gloss Porch, Floor & Patio Paint; the shade is Bay Sands.

Wicker Works

These chairs looked pretty wild when *Living* home editor Lorna Aragon found them at an auction last fall. "One was a royal blue I'd never choose," she says. "And the other was grape purple!" Luckily, they didn't have any holes; they just needed a little spot sanding and a coat of (quieter) paint. In a weekend's work, she had a chic new sitting area.

1. REMOVE ANY FLAKES

Set your piece on a drop cloth in a well-ventilated but not drafty area. Rub worn areas with medium (60-to-100-grit) sandpaper to remove fraying wood or peeling paint. Repeat with finer (120-grit) sandpaper to smooth the surface. Hose it down; let dry.

2. GET IN EVERY CREVICE

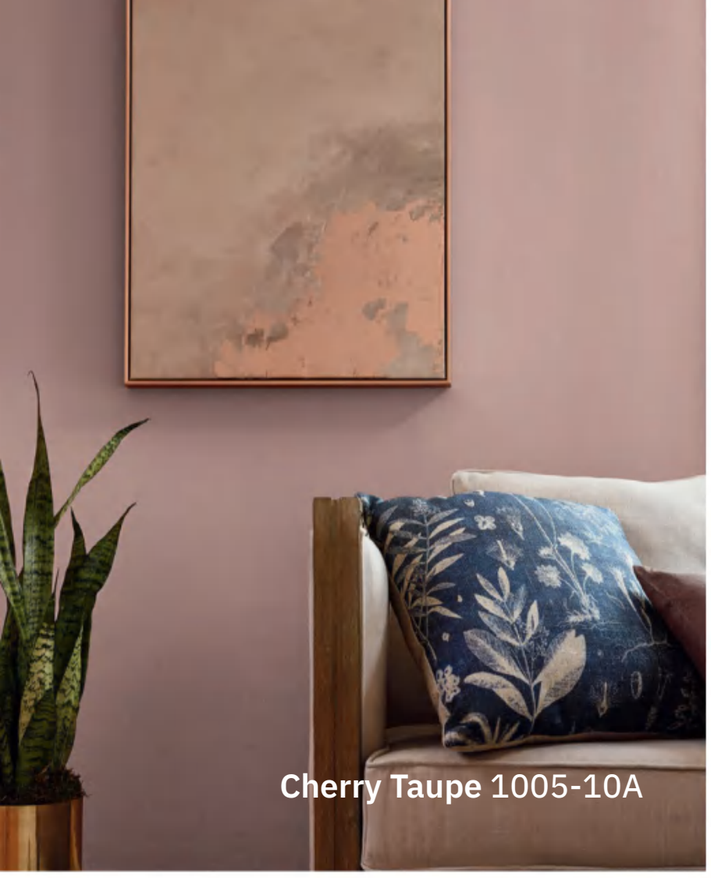
Spray-paint in long, even strokes, holding the can as far away as the label specifies. Lorna used Krylon Color-Maxx Gloss Paint & Primer Spray Paint, in Gloss Smoke Gray ($7.50 for 12 oz., *michaels.com*). Let dry, then do a second coat, checking for bare spots and spraying from different angles to ensure you fully cover the weave.

3. MAKE IT COMFORTABLE

Lorna sewed chambray cushion covers out of Solarium Outdoor Fabric, in Rave Indigo ($30 a yd., *joann.com*), but you don't have to get so hands-on. Wicker furniture comes in pretty standard sizes, so it's easy to simply buy new ones that fit. Consider checking out Cushion Connection (*cushionconnection.com*) for ideas.

ANOTHER COOL COMBO
Sunbrella Balance Renew Fabric, *in Mist, $42 a yd., fabric.com.* **Rust-Oleum Painter's Touch 2X UltraCover Spray Paint,** *in Gloss Khaki, $4, homedepot.com.*

RYAN MESINA (BEFORE); COURTESY OF MANUFACTURER (SUNBRELLA)



Cherry Taupe 1005-10A

Autumn Russet 2009-6

Ginkgo Tree 5006-4B

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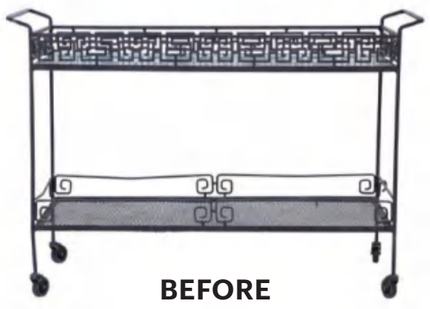
AVAILABLE AT LOWE'S

When painting a glass shelf or table, apply it to the bottom, not the top, says Lorna. This technique, called underpainting, ensures that anything you set down—drinks, pots—won't leave a scratch. It'll also look extra-shiny and wipe clean more easily.



BEFORE

Metal Magic

This vintage 1960s metal tea cart has served as a plant stand in Lorna's sunroom for a decade, ever since its smart Greek-key trim caught her eye at an antiques shop. For summer parties, she replaces the pots with cocktail fixings and rolls it out as a bar. After years of doing double duty, its paint was looking a little patchy. So she redid it in a satin-finish outdoor spray paint made for metal, to fend off any future rust and nicks.

1. SMOOTH THE FRAME

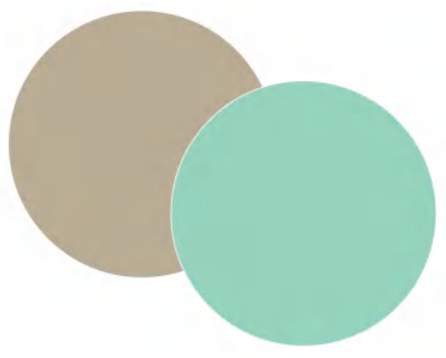
Spread out a drop cloth in a well-ventilated, nondrafty area. Roll the cart on top. Remove and set aside the glass shelf. Rub any peeling areas on the cart frame with 120-grit sandpaper. Wipe it down with a damp cloth, and let it dry.

2. COAT THE CART

Spray on the paint, holding the can as far away as the label specifies and making long, even strokes. Lorna used Rust-Oleum Painter's Touch 2X Spray Paint, in Satin Granite ($4 for 12 oz., *homedepot.com*), a primer and paint in one. Let dry, then apply a second coat.

3. TINT THE GLASS

While the frame dries, paint the underside of the shelf. Lorna used Krylon Fusion All-in-One Spray Paint, in Matte White ($5, *walmart.com*). This creamy shade is a tasteful counterpoint to the medium-gray frame. "Compared with the original black frame and clear glass, this looks much fresher," she says. If you prefer the glass to look frosted rather than opaque, try one of Krylon's Semi-Translucent Sea Glass Finish Paints (below, right). Let the shelf dry, then put it back on the cart, paint-side down.



ANOTHER COOL COMBO: Montana White spray paint, *in Rattle Snake, $6.75 for 14 oz., dickblick.com.* **Krylon Semi-Translucent Sea Glass Finish Spray Paint,** *in Sea Foam, $10, acehardware.com.*

CHARLES MARAIA (BEFORE)

The first trash bag worthy of a smile.

— Glad® Beachside Breeze —

fig. 1

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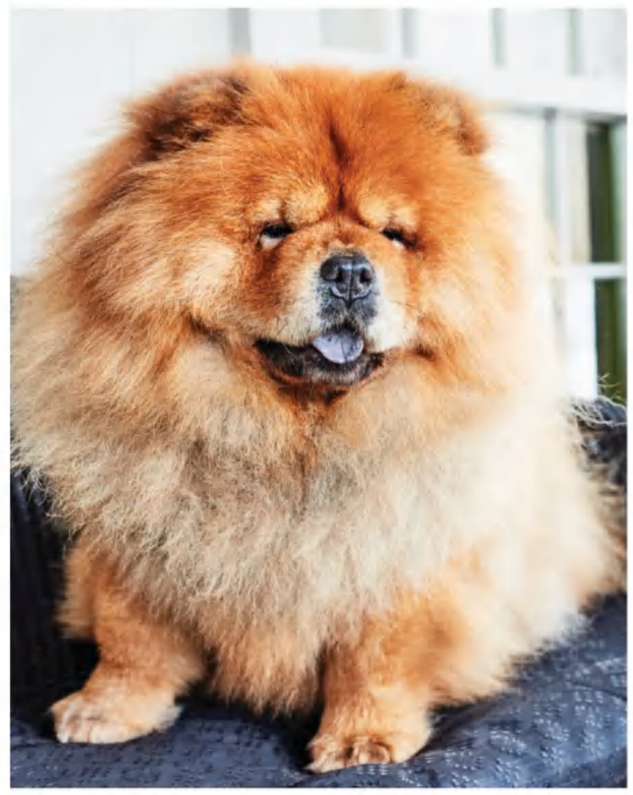

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NGOC MINH NGO (FLOWERS); KATE MATHIS (DRINKS); KIRSTEN FRANCIS (FATHER'S DAY); JOHNNY MILLER (DOG)

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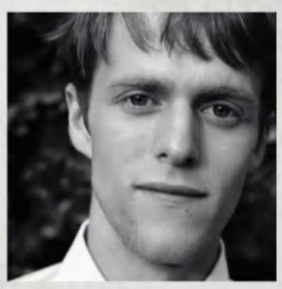
Firing in a gas reduction kiln gives Armitano Domingo's wares a subtle gray-blue glow and softens their edges. "I envision it like a candle in a hot sauna," he says. "Everything gets relaxed, which I love." The process also renders the stone more durable and heat-resistant.

THE DETAILS: Assorted plates and platters, *from $110 each, armitanodomingo.shop.*



Renaissance Man

ARMITANO DOMINGO CERAMICS, *New York City*

Ceramist Marc Armitano Domingo is an old soul, perhaps thousands of years old. At age 5, he listened wide-eyed as his grandma read him stories of ancient Egypt, and by seventh grade he was learning to play the viola da gamba, a 15th-century instrument similar to a modern cello. "Craftsmen would decorate them with elaborate nature scenes to impress noble patrons," says the artist, who studied historical music and performance at the Peabody Institute, in Baltimore. "It made a useful object truly beautiful." A pottery course taken on a whim one summer turned him on to porcelain, and he's since applied the same approach to creating plates, platters, and apothecary jars. The shapes are simple, but his signature touches—hand-carved, hand-painted ladybugs and dragonflies; engraved ants; gold-lustered rims—are exquisite. "I love spending time on the details," says Armitano Domingo, who also paints custom portraits on porcelain plaques. The stunning results prove it's time well spent. —*Erica Sloan*

MARTHA STEWART
American Made

PHOTOGRAPH BY RYAN MCGINLEY (PORTRAIT); STYLING BY LORNA ARAGON

PHOTOGRAPH BY LENNART WEIBULL

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For All Seasons

Ninebark is a native shrub that truly ticks every box: vivid foliage, lush blooms, and even visually "a-peeling" bark in winter. Kelly D. Norris, a landscape designer and author of *New Naturalism*, offers advice on growing the standout at home.

TEXT BY MELISSA OZAWA

'Amber Jubilee'
This chameleon's spring leaves sprout flaming orange, then shift to bright green in summer and burgundy in autumn.

'Diabolo'
The cultivar can reach eight feet in height. For a more compact variety with a similar look, opt for 'Fireside'.

Physocarpus opulifolius
Marked by arching branches, this species often grows naturally on riverbanks, where it helps stop erosion by holding soil in place.

'Dart's Gold'
Its vivid-yellow foliage is like sunshine. If you're in a hot, humid region, try 'Festivus Gold' instead; it's resistant to powdery mildew.

"THERE IS A PLACE FOR NINEBARK in just about any garden," says Norris of this year-round looker. Naturally occurring in North America, the deciduous shrub—genus *Physocarpus*—comes in an arresting range of colors and sizes. In spring, foliage emerges in splashy hues like chartreuse, copper, and deep purple. By early summer, small globes of pink or white blooms appear, attracting pollinators like native bees, butterflies, and birds, which nest in its branches. (Stems last a week or more in arrangements, too—just slice their ends before putting them in a vase.) After the leaves drop in fall, the exfoliating bark on mature plants unfurls in strips of cinnamon, gray, and charcoal. But ninebark doesn't just look good: "It's a tough, no-fuss plant," Norris says. "Find a variety you love, dig a hole, and you'll be off to the races."

PLOT A SPOT

If you're tight on space, plant a dwarf cultivar like 'Little Devil' in a container. To create a hedge or screen, line up multiple plants (Martha is growing 'Diabolo' around her pool). You can also jazz up a border by adding one in a contrasting foliage color as a focal point, or replace barberry and spirea shrubs with this beneficial native.

LET IT BE

"Ninebark can grow in sand, heavy clay, and everything in between," says Norris, and it does well in full sun or part-shade. (The more light it gets, the more vibrant its leaves will be.) It doesn't need fertilizer or watering except in severe drought.

CHOP FOR GOOD

"Every few years in late winter, give your shrub a rejuvenating whack to the ground," Norris advises. "That might seem drastic, but it will pay you dividends when handsome new growth comes rushing back."

GAP PHOTOS/VISIONS ('AMBER JUBILEE'), GAP PHOTOS/MARTIN HUGHES-JONES ('DIABOLO'), STELLAN DANGST/ADOBE STOCK (*P. OPULIFOLIUS*), GAP PHOTOS/VISIONS ('DART'S GOLD')

6:15 am — Achy
6:55 am — Anxious
10:43 am — Relaxed
1:15 pm — Uneasy
4:07 pm — Distracted
5:41 pm — Relieved
8:34 pm — Connected
10:12 pm — Hopeful

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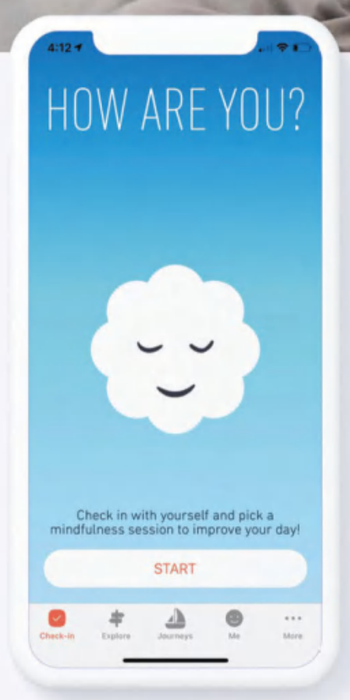

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The Nurturer

Nina Compton

Chef and owner of Compère Lapin and Bywater American Bistro, New Orleans

Growing up in St. Lucia, Compton adored playing sous-chef to her grandmother—picking parsley, chopping onions, and cooking rice. Her late father, the island's former prime minister, came home every day for an elaborate lunch. One Christmas when she was 16, she made hors d'oeuvres for her family. "I saw how happy they were, eating, laughing, talking," recalls the James Beard Award winner. "I knew right then I wanted to be a chef." Compton got a five-star education, graduating from the Culinary Institute of America in Hyde Park, New York; doing a stint at Daniel in NYC; and achieving the honored role of chef de cuisine at Scott Conant's Scarpetta, in Miami Beach. In 2013, she also won fans' hearts on *Top Chef: New Orleans*, and opened Compère Lapin there two years later. "I wanted to showcase the diversity of Caribbean food," she says of her deeply personal dishes, like goat curry with green cardamom, fresh curry leaves, and turmeric, served with pillowy sweet-potato gnocchi and crunchy cashews. She opened her latest venture, Bywater American Bistro, "to feed our neighbors" simple hits like jerk chicken and handmade spaghetti in silky pomodoro sauce. Compton zips between these spots on her Vespa so she doesn't miss a minute of the action: "I get such a thrill when I'm in the kitchen." —*Melissa Ozawa*

BLACK, WHITE, AND The GREY
THE STORY OF AN UNEXPECTED FRIENDSHIP AND A LANDMARK RESTAURANT
MASHAMA BAILEY AND JOHN O. MORISANO

1

CAUSE CÉLÈBRE
"I've been part of the Independent Restaurant Coalition since April 2020. We haven't stopped pushing to get our community the help it needs."

2

WIN THIS

For a chance to win this pasta maker, go to *win.marthastewart.com* on May 20. For details, see page 103.

7

8

9

A NEED FOR SPEED
"I love getting around town on my Vespa. New Orleans is such a welcoming city. I feel a kinship between here and St. Lucia."

13

DENNY CULBERT (PORTRAIT); PETER ARDITO (CHEESE, COCOA BUTTER); FRANK FRANCES (SHEETS); COURTESY OF MANUFACTURERS (OTHERS)

Her Essentials

1 | *Black, White, and The Grey*, by Mashama Bailey and John O. Morisano
"This is a beautiful story about a Black chef and her White business partner opening a restaurant in a former segregated bus station. It was once a place of so much hurt, but now it brings everyone together."
Lorena Jones Books; $28, bookshop.org.

2 | Imperia Pasta Machine
"I make a lot of pasta at home. I just mix up a batch, roll it out in whatever shape I want, and store it in the freezer."
$80, williams-sonoma.com.

3 | Baron West Indian Hot Sauce
"It's true Caribbean seasoning. I put it on everything."
From $8.50 for 5.24 oz., amazon.com.

4 | Defend New Orleans T-shirt
"When I have this on, I feel like I'm part of the in-crowd. Plus, it's super-comfortable."
$28, dno.la.

5 | Apple AirPods Pro
"Wearing them is like being in my own private studio. When I'm cooking, I put on Amy Winehouse and sing."
$249, apple.com.

6 | Chapstick, in Strawberry
"Since I'm in the kitchen most days, I rarely wear makeup. I prefer a natural look: I fill in my brow and add a swipe of this."
$4 for 3, target.com.

7 | French Truck Coffee Le Grand Coq Rouge
"This rich, nutty brew is roasted right here in New Orleans."
$13.50 for 12 oz., frenchtruckcoffee.com.

8 | Le Creuset French Press, in Deep Teal
"I drink coffee from one of these every morning at home with some milk, and then again later at the restaurant."
$75, surlatable.com.

9 | Epoisses Cheese
"Give me a glass of Sancerre, a crusty baguette, and this French classic—which has just the right amount of stinkiness—and I'm in heaven."
$30 for 8 oz., murrayscheese.com.

10 | Tod's Gommino Driving Shoes, in Orange Suede
"They make a statement, and dress up simple jeans and a T-shirt."
$495, tods.com.

11 | Levi's 501 Original Jeans
"These are part of my work uniform. They fit well and last forever."
$98, levi.com.

12 | Cartier Panthère de Cartier Watch
"I've had this for about 20 years. I wear it all the time."
cartier.com.

13 | Vespa Primavera 50, in Montebianco
"My only mode of transport: I'm carefree driving it around with the fresh air blowing in my face. And it's easy to park!"
$3,999, vespa.com.

14 | Martha Stewart Collection Percale Sheet Set, in Tide Blue
"You just can't go wrong with them. They're so soft."
From $60, macys.com.

15 | Palmer's Original Cocoa Butter
"It feels so good: moisturizing but not too heavy."
$5.50 for 3.5 oz., palmers.com.

Summer Savers

You've probably never felt more ready for some fun in the sun. But warm weather can bring its own share of health hazards, too. Here's how to handle (and even prevent) seven common sideliners—from scorched skin to bee stings to poison ivy—so you can kick back with confidence.

TEXT BY TINA CHADHA

1 THE SUN ZAPS YOU

The aftereffects of turning lobster red aren't just a few days of misery. Overexposure to ultraviolet rays is the primary cause of all types of skin cancer. Getting five or more burns more than doubles your risk of developing melanoma, the deadliest one, per the Skin Cancer Foundation. It estimates that 207,390 new cases will be diagnosed in the U.S. this year.

ACT FAST Find some shade, stat, and sip water to cool off and replenish your supply. "One of the skin's most important functions is to work as a barrier to reduce water loss," says Laura Ferris, MD, PhD, an associate professor of dermatology at the University of Pittsburgh School of Medicine. "When it's burned, that barrier is impaired, and you can become dehydrated."

TREAT IT At home, take a cool shower, then pat on lotion that contains soothing, hydrating ingredients such as aloe vera (and free of irritating fragrances and alcohol). If you still feel like you're on fire, pop an NSAID, like ibuprofen, and apply a washcloth dampened with cool water—both will help bring down the inflammation. And never mess with blistered or peeling skin. "The blister provides protection and lets the burned skin heal below," Ferris says. At night, slip into your smoothest cotton pajamas and sheets.

PREVENT IT Stick to the basics: Avoid the sun from 10 a.m. to 2 p.m., and when you're out, wear protective clothing (a wide-brimmed hat, long sleeves) and apply a broad-spectrum SPF-30-or-higher sunscreen every two hours. If you're very fair or have a family history of skin cancer, consider taking a daily supplement with the fern extract *Polypodium leucotomos*. "It isn't a substitute for sunscreen, but if you do get burned, it can help reduce the severity," Ferris says.

PHOTOGRAPH BY MAURICIO ALEJO

STYLING BY FIDEL CASTAÑEDA

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② FOOD TAKES THE WRONG TUBE

You're gobbling it up to jump back in the pool, or hungry for hot dogs at a picnic—we get that summer meals are more freewheeling. But please slow down; choking is no joke. In 2019, it killed more than 5,000 people, according to the National Safety Council, and kids under 4 are especially at risk. In the U.S., it causes approximately one child's death every five days.

ACT FAST If the victim is coughing forcefully, encourage him to continue—it can dislodge the food. If it doesn't come out, holler for somebody to call 911.

TREAT IT The American Red Cross teaches this two-step technique. Bend the victim over at the waist and give him five firm blows between the shoulder blades with the heel of your hand. "This isn't a *tap, tap, tap;* this is a *smack, smack, smack,* because you're using the vibration to loosen whatever is stuck," says Jeffrey L. Pellegrino, PhD, MPH, an assistant professor of emergency management and homeland security at the University of Akron, in Ohio, and American Red Cross Scientific Advisory Council member. Then switch to abdominal thrusts. Step behind him and place one foot between his feet. Make a fist, tucking in your thumb, and place it right above his navel. Cover your fist with your other hand and pull into him using an in-and-up *J* motion. Repeat five times. (For an infant under a year old, cradle her facedown with her torso on your forearm, so her head is lower than her chest, and do the back blows. Then, turn her over on your forearm, keeping her head lower down; place two fingers right below her nipple line and give five downward thrusts.) Keep doing sets of five back blows and five abdominal thrusts until the object pops out or help arrives. If the victim loses consciousness, start CPR (brush up at *cpr.heart.org*)—just check the victim's mouth first and remove the object if it has come loose.

PREVENT IT Keep small, rounded objects (marbles, pennies) away from young kids, and cut up risky foods like hot dogs (they're the number-one offender in children under 3; slice them in half lengthwise, then into bites) and grapes (cut them into quarters). Never let a little one eat alone or run around during meals. Adults should chew slowly and avoid chomping snacks like nuts and popcorn by the fistful. Other notorious fare: hard candy, gum, nut butters, and tough, crunchy vegetables, like crudités.

③ A BEE DIVE-BOMBS

Yes, stings hurt like the devil, but most aren't dangerous. Unless you're among the 0.4 to 0.8 percent of kids or 3 percent of adults who are very allergic, per the American College of Allergy, Asthma & Immunology (ACAAI), they typically can be treated at home.

ACT FAST Remove the stinger ASAP. "That reduces the amount of venom it's putting into you," says Pellegrino. Scrape it with a fingernail, a credit card, or tweezers to get it out. Then ice the spot to ease the swelling.

TREAT IT If the site gets very red and puffy, and still stings, take ibuprofen, says allergist and ACAAI spokesperson Neeta Ogden, MD; it's a pain reliever and an anti-inflammatory. Unsure if the victim's allergic? Look for signs of a severe reaction, aka anaphylaxis, which must be treated with epinephrine (the active ingredient in an EpiPen): coughing, shortness of breath, light-headedness, throat or tongue swelling, chest tightness, nausea, and a rash or hives away from the sting site. If you spot any of these and don't have an EpiPen, call 911, have her lie down, give her an antihistamine (like Benadryl), and keep her head elevated until help arrives.

PREVENT IT Don't swat at bees; that just agitates them. To make yourself less buzz-worthy, wear light-colored clothes and steer clear of flowering plants and open garbage bins. At picnics, cover food and try to drink from cups or closed bottles, not open cans that bees can hide inside. People prone to anaphylaxis should consider venom immunotherapy (a series of shots, typically covered by insurance) to build up a tolerance to the allergens, says Ogden: "It saves lives."

Water Wise

Drowning is the second-leading cause of death (after car crashes) in U.S. kids 4 and under, but it's a danger at any age—even for strong swimmers. From 3,500 to 4,000 people on average drown annually, two-thirds of them between May and August. Take these protective steps.

1. Assess your risk. It's higher if there's "standing water around your home—be it a pool, river, or creek," says Benjamin D. Hoffman, MD, FAAP. Four-sided fences with locks could prevent half of pool drownings. Baby pools and buckets are hazards, too—a child can drown in as little as a few inches of water.

2. Be ocean-savvy. Rips are strong, shifting currents that look deceivingly calm. Avoid them by sticking to designated safe zones at a guarded beach. If you do get stuck in one, don't panic; swim out of it to the left or right—parallel to shore, not against it. Or float, saving your energy, till it spits you out.

3. Get swim skills. "Kids 1 to 4 who've had some lessons are much less likely to drown than same-age kids who haven't," Hoffman says. And it's never too late to learn.

4. Spot signs of distress. Drowning is silent and sudden; victims can't yell or splash like in movies. SOS signals include: a head that's tilted back and sinking, a mouth that's open at water level, glassy or closed eyes, and a visible struggle to tread water or float.

5. Spring into action. Yell for someone to call 911; pull the victim from the water. If he's unconscious, start CPR to get blood circulating. (Find a class at *cpr.heart.org*.)

ILLUSTRATIONS BY HANNAH ALICE

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4 A TICK LATCHES ON

These bugs are truly taking over: In the past two decades, seven new tickborne germs have been discovered in the U.S., and cases of tickborne illnesses have skyrocketed. Diagnoses of Lyme disease, the best-known, have tripled since the late 1990s. Be aware: They gravitate to warm, moist, hard-to-see places, like your hairline, groin area, armpits, belly button, and in and around your ears.

ACT FAST Remove the little bugger immediately. The faster you do, the less time it'll have to infect you. Per the Centers for Disease Control and Prevention, a tick must be attached for at least 36 hours to transmit Lyme. Grasp its body with tweezers or gloved hands, and pull steadily. Ultimately it has to decide to let go, which may take minutes, so be patient. "Eventually, that tick is going to go, 'Okay, fine!' and come out," says Pellegrino. You can flush it down the toilet or stick it in a resealable plastic bag and hang onto it.

TREAT IT Clean the bite area with soap and water. In general, the CDC doesn't recommend treating tick bites with antibiotics. But if you live in an area where Lyme is common, consider seeing your doctor (if you kept the tick, bring it along); in some circumstances, she may prescribe a short dose to lower your risk of contracting it.For the next 30 days, watch for fever, headache, body ache, fatigue, joint pain, swelling, and—the scarlet letter of Lyme—a rash with a bull's-eye-like ring around it. If any of the above appear, definitely see your doc.

PREVENT IT When communing with nature, steer clear of bushy areas, high grass, and low-hanging branches. Spray on an EPA-approved repellent; you can find a list of them at *epa.gov*. Also, wear light-colored clothing (the easier to see the leggy varmints), tuck your shirt into your pants and your pants into your socks (uncool, but effective), or consider clothing treated with the insecticide permethrin, such as ExOfficio's BugsAway line (*exofficio.com*).

5 CAR SICKNESS STRIKES

For many, summer means road trips (and boat rides, and roller coasters). But for the about one in three of us who get motion-sick, that fantasy is more like a nightmare. Women and kids are most susceptible.

ACT FAST For starters, put down (or take away) the tablet, book, or video game, then roll down the window and look outside. "Motion sickness often happens because there's a disconnect between what your inner ear—where you sense motion—is feeling and what your other senses are perceiving," says Benjamin D. Hoffman, MD, FAAP, a pediatrics professor at Oregon Health & Science University, in Portland, and chair of the American Academy of Pediatrics Council on Injury, Violence, and Poison Prevention. Your brain needs to see that you're moving; taking in the scenery helps. The breeze is another useful cue.

TREAT IT Antihistamines and motion-sickness meds can help stop the spinning, too. "People talk about ginger and acupressure bands, but I haven't seen evidence that either work," says Hoffman. "Be careful about offering hard candies in the car, especially to younger kids, because of the choking risk."

PREVENT IT Avoid heavy, greasy foods pre-trip, and sit in the front passenger seat if you can. Have queasy older kids strap in to a window seat so it's easier to see out. If these tactics don't help, ask your doc about taking an antihistamine or motion-sickness med about an hour before hitting the road.

6 POISON IVY POUNCES

Climate change and rising carbon-dioxide levels are helping this menace proliferate; a six-year study led by Duke researchers and published in 2006 found that higher CO_2 levels make it grow about 150 percent faster and be more allergenic. Also avoid its itchy cohorts, poison oak and sumac.

ACT FAST You have about 20 minutes before the irritating sap, urushiol, sparks its reaction. Wash exposed skin with dish soap and cool—not warm or hot—water. (On a hike, water alone will do.) Put on rubber gloves and throw exposed clothes in the washer, with the hottest water that's fabric-safe. Then don fresh gloves and retrace your steps, wiping all you touched with a rag dampened in soapy water or rubbing alcohol: phone, doorknobs, steering wheel.

TREAT IT If a rash appears, try taming the itch with a cool compress, over-the-counter corticosteroid cream, or calamine lotion; it's okay to combine these with an oral antihistamine. For severe cases when the bumps spread to over 10 percent of your body, or really puff up, call your doc; she may prescribe topical steroids, prednisone, or a cortisone shot, says Ogden. Any trouble breathing or swelling of the face, mouth, neck, or genitals merits an immediate ER visit.

PREVENT IT Learn to ID toxic plants. Poison ivy grows across the U.S. all year, says Philadelphia horticulturist Umar Mycka. Poison oak lurks mostly on the West Coast and in southeastern states. Poison sumac thrives in the wetlands of the Northeast, Southeast, and Great Lakes. Next, replace the old saying "leaves of three, let them be" with "leaves of three, resemble me." In other words, what sets oak and ivy apart is that their three leaves look sort of human: leaf head, stem neck, two leaf arms atop a stem body. Sumac's leaves are bigger and fern-like, with 7 to 13 leaflets. If you find any of them in your yard, glove up, carefully dig it up at the root, and toss it in the trash.

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Golden Hour

Glowing, healthy skin is what everyone wants come summertime. And thanks to a new wave of bronzers and illuminators, you can instantly recapture the warmth and dewiness you used to get from a day spent sprinting through the sprinklers. We found a flattering formula for every skin tone under the sun.

TEXT BY CLAIRE SULLIVAN

1 Smooth Your Skin

This is key to a more radiant look. Exfoliate two to three times a week to slough off dead cells and help makeup go on evenly: You can use a damp washcloth with your cleanser or a light scrub. For a deeper sweep, consider a dermaplane treatment, which will remove flakiness, fuzz, and dullness, says Birmingham, Alabama, dermatologist Corey L. Hartman. Then moisturize daily, says Hartman, who suggests applying **Vichy Minéral 89 Skin Fortifying Daily Booster** onto still-damp skin (from $20, *walgreens.com*), followed by sunscreen. Everyone should wear SPF 30 to 50 daily—even those with darker skin tones, which have inherent SPF of only 3 to 8. Hartman's go-to choice is fast-absorbing **Isdin Eryfotona Actinica Ultralight Emulsion Broad Spectrum SPF 50+** ($55, *isdin.com*). For a wallet-friendly option, try **Aveeno Positively Mineral Sensitive Skin Sunscreen Broad Spectrum SPF 50** ($9, *walgreens.com*).

PHOTOGRAPHS BY ANNA DABROWSKA/THE LICENSING PROJECT (WOMAN), PETER ARDITO (OTHERS); ILLUSTRATION BY BROWN BIRD DESIGN

2 Tap the Right Tools

To warm up your skin tone, a thick brush is essential. "Choose one that's big enough to hug the contours of your face and help you blend," says New York City makeup artist Nam Vo. Dense bristles are also best for picking up pigments from any bronzer or illuminator, and they're especially handy for creams and oils that just get absorbed by a fluffier brush. "To soften the edges of your face and lift away excess product, dab a damp beauty sponge all over when you're finished—it'll also press the pigments in, which extends wear time," says Chicago makeup artist Jenny Patinkin.

Swirl the **Hourglass No. 2 Foundation/ Blush Brush** in powder or cream compacts, or into a few drops of tinted oil on the back of your hand ($58, *hourglasscosmetics.com*).

3 Choose a Good Formula

Your ideal bronzer or illuminator will be simpatico with your skin type—and tone. A powder makes sense if you're oily; go for something creamy if you're dry. If you're overwhelmed by all the color options (rule of thumb: Go one shade darker than your natural tone), simply enhance your complexion with a subtle gold (which is flattering on skin with warm undertones) or peach (perfect for cool types)—these shades suit everyone, Patinkin says.

POWDER

The choice for shine-free color. We like **Vesca Beauty Kissed By Soft-Matte Bronzing Powder** because it melts into your skin instead of sitting on top, and comes in a shade for every skin tone (in 7 options; $30 each, *vescabeauty.com*).

CREAM

Dewiness delivered. **Tower 28 Bronzino Illuminating Cream Bronzer** contains moisturizing mango butter and soothing green-tea extract to wake up your complexion (in 5 shades; $20 each, *tower28beauty.com*). Build it up just below your cheekbones for believable dimension.

OIL

Fear not: "A little shimmer can be incredibly brightening and fresh," says Patinkin. **Maya Chia Highlight of the Day Illuminating Face Serum** works overtime as a highlighter; sweep it on the bridge of your nose and the high planes of your cheeks (in 4 shades; $42 each, *mayachia.com*).

4 Apply & Go

Start on the upper half of your face, where you naturally get some sun; then define your cheeks and jawline. Vo suggests sweeping a brush in the shape of a 3 on both sides of your face, so you hit the top of the forehead, highs of the cheekbone, and jaw. Buff it onto your ears and a few inches down your neck, too. Then press a single-ply tissue onto your skin to dial down any shine or too much sparkle. Oily types can benefit from patting it all over, but those with normal to dry skin can zero in on the forehead, chin, and creases of the nose.

TRIED & TRUE

ONE-HIT WONDERS

These sheer, single-shade tints subtly enhance any skin tone.

Give Beauty Counter Glow Shimmer Oil a good shake, then smooth it onto your cheeks, décolletage, and even legs ($35, *beauty counter.com*).

Mix a drop of Dr. Hauschka Translucent Bronzing Tint in your day cream. The mineral pigments deposit a soft, golden flush ($29, *drhauschka.com*).

Jojoba oil and shea butter in Patrick Ta Major Glow All-Over Glow Balm moisturize wherever you dab it on ($50, *patrickta.com*).

Ask Martha

We're considering a butcher-block countertop for our kitchen island. What are the pros and cons, compared with other materials?

—Cindy Miller, Carmine, Tex.

Wood wins points for warmth and versatility: It can take on a range of looks, depending on the species and grain, and whether you stain it for a deeper tone or sheen, says Home Depot senior merchant Meredith Barclay. Butcher block is also kiln-dried and pre-sanded, so it will last years without warping. However, wood is porous, so you'll need to seal your counter with a protective product containing mineral oil, such as Howard Butcher-Block Conditioner ($10 for 12 oz., *homedepot.com*). This blend of food-grade oil, beeswax, and carnauba wax prevents water absorption and bacteria buildup. Reapply it every month or so, or whenever the wood appears dry, suggests Barclay. For daily maintenance, wipe the surface clean after use with a damp cloth. If you notice stuck-on food bits, remove them with a handheld scraper, and buff out any set-in stains with fine-grit sandpaper before reconditioning. To prevent discoloration, always place hot items on trivets. Read on to learn how wood stacks up against other counter materials, opposite.

LISA ROMEREIN/OTTO

COUNTERTOP CROSS-CHECK

Prices vary based on quality, design, and thickness; solid-surface options are generally the least expensive of this set.

	GRANITE	MARBLE	ENGINEERED STONE	SOLID SURFACE	STAINLESS STEEL
Pros	It's durable, heat-resistant, and low-maintenance. Modern sealants typically last several years and are easy to reapply. Dark options are denser than light ones, making them less likely to stain.	Like granite, it's strong and long-lasting if properly sealed, and can withstand heat. It has more consistent veining (as opposed to flecking) within single slabs, and there are many colors to choose from.	Since they're made from ground stone (quartz crystals, most often) and polyresins, these options are available in myriad textures and colors. And they're non-porous, so sealing isn't necessary.	Composed of acrylic, these kinds (which include Corian, Swanstone, and Avonite) are also nonporous—no sealing required. Unlike stone, they can be installed without any visible seams.	Like the name says, it's fully stain-resistant, and the food-grade kind used for counters won't burn or rust, either—even from frequent oil-, water-, and acid-based spills.
Cons	Natural speckling patterns can vary widely in the same piece of stone, meaning the portion you receive could look different from the store sample you loved. Ask to inspect the actual piece you'll be installing beforehand.	You may need to reseal as often as every six months to prevent scratches and stains (though some feel the marks add character). Acidic foods like lemon juice and vinegar can etch permanent stains if left too long.	In some cases, hot pots and pans may melt the resins used to produce these surfaces, leaving permanent burn marks, so be sure always to employ trivets.	Less durable than their engineered-stone cousins, they're even more susceptible to burn marks or scratches (though both can usually be buffed out).	It can dent or scratch over time from contact with cookware or cutlery, and will show smudges and fingerprints (parents, take note). If you don't set down your pans and dishes gently, beware of loud clanging.

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| GARDENING TIP |

Crowning Glory

Beyond white, cauliflower comes in a few bright, flavorful varieties, like Graffiti (violet) and Cheddar (orange). But if the ivory kind's heads turn yellowish or purple while growing, that may be a sign of too much sun. "Look for a self-blanching type, like Denali, which has leaves that curl inward and shield it," says Annie Novak, founder and director of Growing Chefs, in New York City. If you've planted a different one, protect it with row cover (gauzy sheeting), or gently tie larger leaves around exposed florets with jute.

LET US HELP YOU!

E-mail your questions to *Ask.Martha@meredith.com,* or send them to Ask Martha, c/o Letters Department, *Martha Stewart Living,* 225 Liberty Street, New York, NY 10281. Please include your full name, address, and daytime phone number. Letters and messages become the property of Meredith Corp. and may be published, broadcast, edited, or otherwise used in any of its media. By submitting your questions to Ask Martha, you are agreeing to let us use your name and hometown in connection with our publication of your questions.

How can I stop my dog from digging into my rugs and furniture?

—Jen Tarang, Miami

Burrowing is instinctive in pups. If it's happening in a specific spot, a hidden rodent could be the trigger, says Carlo Siracusa, PhD, associate professor of clinical behavior medicine at the University of Pennsylvania School of Veterinary Medicine. Or the cause may be as innocuous as boredom, and you can satisfy Frenchie's urges with regular trips to the park or beach. At home, teach her the "off" and "watch me" cues, says Siracusa; use them to redirect her mid-dig, with a distraction like a chew toy (this should curb, if not eliminate, the behavior). Should the digging remain excessive, that can be an anxiety symptom; consult your vet.

| PANTRY 101 |

FAST FLAVOR

Soy sauce, essential to Asian cooking, comes in a range of flavors and intensities, depending on production method and origin. For a complex umami taste, *Living* food director Sarah Carey suggests looking for the terms *brewed* or *naturally fermented* on the label; they signify that classic soybean fermentation was used. (In low-sodium sauces, about 40 percent of the salt is removed post-brewing.) To step up your seasoning, dip into the two most common categories:

CHINESE
These are traditionally produced solely from soybeans, but modern renditions often use wheat flour, too. Thicker and saltier than its Japanese counterpart, **light** soy is your go-to for Chinese recipes that don't specify a type. **Dark** (aka double black) is aged longer and contains a touch of molasses or caramel; it adds richness to braised dishes like red-cooked pork.

JAPANESE
A combo of roasted wheat and soy gives these sauces a mellow, sweet finish. (The exception is **tamari,** usually made from the soy by-product of miso fermentation, instead of grain. Viscous and just a bit salty, it's delicious as a dip or dressing.) **Dark** soy is the all-purpose option in Japanese cuisine, while the **light** kind (rarer in the U.S.) is stronger, saltier, and used in small amounts for punch.

Reporting by Erica Sloan

JACOB FOX (CAULIFLOWER); MARIO FORCHERIO/EYEEM/GETTY IMAGES (SOY SAUCE); GETTY IMAGES (DOG)

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/ EDITORS' PICKS /

Make Dad's Day

Spoil your superhero with a present that puts the *kapow!* in moments big and small, just like he does.

TEXT BY ERICA SLOAN

FAN THE FLAME
He'll deftly man the pit with a **Snow Peak Fire-Tool Set:** The poker, shovel, and tongs have long, bamboo-covered handles that won't overheat.
$100, snowpeak.com.

SAY YES, CHEF
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Just the pour for dinner on the back deck: a bold red or crisp rosé from the **Martha Stewart Wine Co. Grilling Pack.**
$65 for 4 bottles, marthastewartwine.com.

PETER ARDITO (FIRE-TOOL SET); COURTESY OF MANUFACTURERS (OTHERS)

“When my mom was diagnosed with cancer, I wanted her to have access to the best treatments available.”

SONEQUA MARTIN-GREEN
Stand Up To Cancer Ambassador

Photos By
MATT SAYLES

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Everyday FOOD

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KNIFE SKILLS
For lacy greens, strip leaves from their ribs, stack a few at a time, and roll them into a cigar shape. Finely slice crosswise to create ribbons. And don't discard the stems; you can thinly slice and sauté them to add to scrambled eggs or fried rice.

CILANTRO-LIME KALE SLAW WITH SEEDS

FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

| HEALTHY APPETITE |

THE BRIGHT SIDE

With a few nutritious swaps, classic summer dishes can pack outsize benefits. Sneak kale into coleslaw, boost sautéed corn with quinoa, or toss steamed cauliflower in a "faux-tato" salad that'll raise the bar (but not the carbs) at your next cookout.

TEXT BY CLAIRE SULLIVAN RECIPES BY LAURYN TYRELL

PHOTOGRAPHS BY LINDA XIAO

1

Cilantro-Lime Kale Slaw With Seeds

Protein-rich yogurt lends low-fat creaminess to this superfood slaw.

Blend 1 tablespoon **Greek yogurt**; ½ **jalapeño**, roughly chopped; ½ cup packed **fresh cilantro leaves** and **tender stems**; 2 tablespoons **extra-virgin olive oil**; 1½ teaspoons **honey**; 3 tablespoons **fresh lime juice**; ½ teaspoon grated **lime zest**; and ½ teaspoon **kosher salt** in a blender or food processor until smooth. Toss with 3 cups each shredded **cabbage** and thinly sliced **lacinato kale**, and ½ cup julienned **carrot**. Season to taste; sprinkle with 6 tablespoons **mixed seeds**, such as sunflower seeds, pepitas, or hemp hearts. Toss and serve.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 50 MIN.
SERVES: 4 TO 6

2

Quinoa With Caramelized Corn and Scallions

The nutty-tasting grain offers fiber and protein, and olive oil imparts healthy fats.

Slice whites and light-greens from 1 bunch **scallions**; set aside. Thinly slice dark-greens on the bias; soak in ice water 10 minutes. Drain and pat dry. Heat 1 tablespoon **unsalted butter** and 2 tablespoons **extra-virgin olive oil** in a large cast-iron skillet over medium. Add 2 cups **corn kernels** and scallion whites and light-greens. Season with **salt** and **pepper**. Cook, stirring, until caramelized, 8 minutes. Let cool slightly; toss with 2½ cups cooked **quinoa**, 2 ounces crumbled **goat cheese**, and scallion dark-greens. Season to taste; serve.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 55 MIN.
SERVES: 4 TO 6

3

Cauliflower Faux-tato Salad

This recipe results in satisfyingly tender bites, with a quarter the carbs of the potato kind.

Soak ½ cup sliced **red onion** (from 1 small) in water 10 minutes; drain and pat dry. Whisk together 4 teaspoons each **red-wine vinegar**, **fresh lemon juice**, and **grainy mustard** with ⅓ cup **extra-virgin olive oil**. Season with **salt** and **pepper**; stir in onion and ½ cup finely chopped **celery stalks**, plus ¼ cup chopped **celery leaves**. Cut 1 pound **cauliflower** into bite-size florets (3 cups). Steam in a pot of salted simmering water fitted with a steamer basket until tender, 7 to 8 minutes. Drain and let cool slightly; add to salad. Toss to combine, season to taste, and serve.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 55 MIN.
SERVES: 4 TO 6

QUINOA WITH CARAMELIZED CORN AND SCALLIONS

GET GRANULAR
For fluffy quinoa that doesn't clump, we use 1 cup rinsed quinoa to 1½ cups water.

CAULIFLOWER FAUX-TATO SALAD

"All of these dishes can be refrigerated in an airtight container for up to five days. The cauliflower salad gets even better as the flavors meld, and the kale slaw still brings crunch to turkey burgers or tacos."

—senior food editor Lauryn Tyrell

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| CHANGE MAKERS |

A TASTE OF GOODNESS

The power of food stretches far beyond nourishing our bodies and connecting with one another. We salute four organizations that are tirelessly working to improve the world through what we eat—from lifting up small farmers to tackling waste to getting healthy groceries into needy hands.

TEXT BY CLAIRE SULLIVAN

1. Regenerator Program at Cascade Ranch

Pescadero, California
pieranch.org/cascade

THE MISSION: Support up-and-coming farmers so their crops can help feed multiracial communities in California's Bay Area.

HOW THEY DO IT: Founder Jered Lawson and his team offer land and resources, including equipment, marketing, and mentorships, to women, Latinos, and the Black and Indigenous communities that have historically inhabited the land around the 418-acre farm but were denied access. "I hope our efforts help people know where their food comes from, and that it was grown with care for others and the planet," says Lawson.

HOW TO HELP: Shop partner farm Pie Ranch's online market for pantry items like honey, flour, and canned goods (heirloom salsa, strawberry jam). Locals can pick up produce, too.

2. Harvest Against Hunger

Seattle
harvestagainsthunger.org

THE MISSION: Feed people suffering from hunger with nutritious, lightly blemished produce that would otherwise get thrown away.

HOW THEY DO IT: "Our core belief is that providing healthy food to people in need builds healthier communities," says executive director David Bobanick (shown, below). He and his staff forge connections between large-scale growers, produce-packing facilities, volunteer truckers, and distribution warehouses to cull and distribute perfectly imperfect fruits and vegetables. They also link small growers with local hunger-relief programs.

HOW TO HELP: Covid has put a hold on large-scale volunteer efforts, but online donations aid in developing new programs and expanding existing ones.

3. Common Threads

Austin
commonthreads.org

THE MISSION: Teach under-resourced families from diverse backgrounds how to make healthy, affordable food choices.

HOW THEY DO IT: In the past year, this grassroots group ramped up its roster of online workshops and classes for children, parents, and teachers. It offers a healthy cooking series, interactive demos, and virtual classes (all funded by grants) for third to eighth graders, and provides the foods necessary for the classes, too. Limited in-person programs range from knife-free cooking for kids to chef-guided grocery-store tours that teach smart shopping habits.

HOW TO HELP: Donate online to supply food and equipment for virtual courses, or create a fund-raising goal (there's a form for this on the site) and rally friends and family to get involved.

4. Rethink Food

New York City
rethinkfood.org

THE MISSION: Foster relationships between restaurants and local community centers so extra food doesn't go to waste.

HOW THEY DO IT: The organization works with 55 restaurants in New York City, Nashville, San Francisco, Chicago, and Washington, D.C., to prepare meals from excess ingredients and take them straight to nearby homeless shelters, rehabilitation clinics, churches, and more. In the past year, Rethink Food has invested more than $12 million in participating businesses that have suffered during the pandemic, and the group is always looking for more kitchens to support.

HOW TO HELP: A monthly donation goes a long way: Rethink's board covers all overhead costs, so every cent goes toward meals.

Lending a Hand Locally

"Every area has different needs, but you can give back wherever you live," says Sarah Carey, our director of food and entertaining, who joined her friends to help their hard-hit community in Queens, New York, during the pandemic. "The food lines in my neighborhood were stretching around the block," she explains. To learn how they could be most impactful, they reached out to their assemblywoman's office. "She suggested *nynice.org*, a nonprofit dedicated to improving life for immigrant workers in the city." They sponsored the org's holiday event, where families could pick up items like diapers and toys. The event provided hundreds of hot meals and drinks, and Sarah and crew also baked a whopping 3,000-plus cookies. Says Sarah of the experience, "It was good to do something positive, and know we were making a small difference."

JAMES TENSUAN (CASCADE RANCH); ALYCE HENSON (HARVEST AGAINST HUNGER); DOWNTOWN PHOTO (COMMON THREADS); COURTESY OF RETHINK FOOD (RETHINK)

Hold for applause.

Kraft

For the win win

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| IN SEASON |

THE PIT CREW

You can find mangoes at the market year-round, but the tropical stone fruit is at peak juicy flavor right now. Learn how to choose, store, and safely slice one, and you'll be ready to rev up three easy recipes.

TEXT BY CLAIRE SULLIVAN
RECIPES BY LAURYN TYRELL

PICK A WINNER

Shop with your senses: Go for ones that smell fragrant and give slightly when you gently squeeze them.

Alfonso

Tommy Atkins

For quick cubes, cut into an unpeeled mango cheek in a cross-hatch pattern with the tip of a knife, stopping short of the peel. Then press out from the skin side with your thumbs, and slice off the pieces.

STORE STRATEGICALLY

Unripe mangoes will soften on the counter in a few days. Refrigerate ready-to-eat ones to slow down the ripening process, and enjoy them within two days. If they get too ripe, scoop out the flesh and freeze it for use in smoothies or beachy cocktails.

CUT WITH CARE

Mangoes have a long, flat pit that mimics their shape. Steer clear of it by placing the fruit stem-side up on a cutting board and slicing downward and around it, to create two "cheeks." To peel a whole fruit before cutting, hold it with a paper towel to get a good grip, and work with a Y peeler.

FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

PHOTOGRAPHS BY NICO SCHINCO

QUICK REMIX
You can replace the rolled oats with unsweetened muesli cereal, or add dried fruit and additional nuts to the oat-and-chia base.

"I love when smaller mangoes, like Alfonsos, pop up at markets. The flesh is creamy, and they're delicious to eat straight with a spoon."

—senior food editor Lauryn Tyrell

3 | Purée a treat

Three-Ingredient Mango Sorbet

Let the frozen sorbet stand at room temperature for 5 to 10 minutes. Warm an ice cream scoop under hot water and wipe dry to serve.

Place 4 cups **frozen mango chunks** (or a 16-ounce package) in a food processor; let stand 5 minutes to thaw slightly. Add 3 tablespoons **pure maple** or **agave syrup**, 1 tablespoon **fresh lemon juice**, and 1 tablespoon **water**. Process, scraping down sides, until smooth and thick (if too thick, add up to 1 tablespoon additional water), about 2 minutes. Pack into a resealable container and freeze until firm, at least 1 hour and up to 1 month.

ACTIVE TIME: 5 MIN. | **TOTAL TIME:** 1 HR. 10 MIN.
MAKES: ABOUT 1 PINT

1 | Plan a wake-up call

Bircher Chia Parfait

You can also use plain or coconut yogurt—just whisk in a scant splash of pure vanilla extract.

Stir together ¾ cup **old-fashioned rolled oats**, 3 tablespoons **chia seeds**, 1¼ cups **whole milk** (or unsweetened nondairy milk), 1½ teaspoons **pure maple syrup**, and a pinch of **ground cinnamon**. Cover; refrigerate until thickened, at least 8 hours and up to 3 days. Layer oat mixture, ¾ cup **vanilla Greek yogurt**, 1 cup chopped **mango**, ¼ cup **fresh raspberries**, and ¼ cup chopped **toasted almonds** into glass cups or jars. Top with more syrup, if desired. Serve immediately, or cover and refrigerate for up to 1 day.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 8 HR. 10 MIN.
SERVES: 4

2 | Sweeten a salad

Mango-Mozzarella Salad

Look for fresh salted mozzarella in water for this recipe (not the low-moisture variety), or burrata.

In a small bowl, slowly whisk ¼ cup **extra-virgin olive oil** into 2 tablespoons **lemon juice** to combine. Season with **kosher salt** and freshly ground **pepper**. Divide 3 cups **mixed garden lettuces**; 1 peeled, pitted, and sliced **mango**; and a sliced or torn 4-ounce ball of **fresh mozzarella** between 2 plates. Drizzle with dressing; serve.

ACTIVE/TOTAL TIME: 10 MIN. | **SERVES:** 2

| WHAT'S FOR DINNER? |

Take It Outside

Prep an easygoing meal that's delicious at room—or warm evening—temp, and you're one gingham blanket away from a picnic. Mains like chorizo-and-egg sandwiches, pasta with broccoli pesto, and salmon rice bowls are rich in flavor and ready to travel.

TEXT BY CLAIRE SULLIVAN
RECIPES BY LAURYN TYRELL

POTATO, CHORIZO, AND EGG SANDWICHES

This dish is inspired by tortilla Española, a Spanish-style omelet filled with potatoes and onion. We stir in chorizo sausage for savory smokiness.

FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

PHOTOGRAPHS BY NICO SCHINCO

Rotisserie Chicken With Yogurt Sauce and Herb Relish

Broccoli-and-Hazelnut-Pesto Pasta

Salmon-Shiitake Rice Bowls

Potato, Chorizo, and Egg Sandwiches

Rotisserie Chicken With Yogurt Sauce and Herb Relish

A store-bought chicken makes this a breeze, but you can also roast your own; see *marthastewart.com/perfect-roast-chicken*.

- **1 cup Greek yogurt or labneh**
- **3 inner celery stalks, sliced (¾ cup), plus ¼ cup leaves, chopped**
- **5 tablespoons extra-virgin olive oil**
- **¼ teaspoon ground cumin**
- **Kosher salt and freshly ground pepper**
- **1 jalapeño, finely chopped (¼ cup), seeds removed for less heat if desired**
- **½ cup finely chopped fresh cilantro leaves and tender stems**
- **⅛ teaspoon ground cinnamon**
- **1 tablespoon distilled white vinegar**
- **½ cup thinly sliced radishes (from about 3)**
- **1 store-bought rotisserie chicken**
- **Pitas and store-bought hummus, for serving**

1. Whisk together yogurt, celery leaves, 1 tablespoon oil, and cumin; season with salt and pepper. In another bowl, stir together jalapeño, cilantro, cinnamon, vinegar, and remaining ¼ cup oil. Season.

2. Toss sliced celery with radishes. Carve chicken; serve with pitas, hummus, yogurt sauce, herb relish, and radish-celery salad.

ACTIVE /TOTAL TIME: 20 MIN. | **SERVES:** 4

Broccoli-and-Hazelnut-Pesto Pasta

- **1 pound broccoli florets, cut into bite-size pieces (6 cups)**
- **Kosher salt and freshly ground pepper**
- **¼ cup skin-on raw hazelnuts, toasted (1 ounce), plus more, chopped, for serving**
- **½ cup packed fresh basil leaves, plus more for serving**
- **1 small clove garlic, coarsely chopped**
- **1 ounce grated Parmigiano-Reggiano (½ cup), plus more for serving**
- **⅓ cup ricotta**
- **1 teaspoon grated lemon zest, plus 2 teaspoons fresh juice**
- **¼ cup extra-virgin olive oil**
- **1 pound short pasta, such as gemelli or fusilli**

1. Cook broccoli in a large pot of salted boiling water until bright green and tender, 4 to 5 minutes. Transfer with a slotted spoon to a plate; let cool slightly. Put half of broccoli in the bowl of a food processor with hazelnuts, basil, garlic, Parmigiano, ricotta, and lemon zest and juice. Pulse to combine. With machine running, stream in oil. Season with salt and pepper. (You should have 1¾ cups.)

2. Meanwhile, cook pasta in pot until al dente per package instructions. Reserve 1 cup pasta water; drain. Return pasta to pot, along with pesto. Add pasta water, ¼ cup at a time, to create a silky sauce. Stir in remaining broccoli; season to taste. Serve with more Parmigiano, chopped hazelnuts, and basil.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 45 MIN. | **SERVES:** 4

Salmon-Shiitake Rice Bowls

- **2 tablespoons white or yellow miso paste**
- **4 teaspoons honey**
- **2 tablespoons unseasoned rice vinegar**
- **4 skinless salmon fillets (each 6 ounces), preferably wild Alaskan**
- **½ English cucumber, thinly sliced**
- **Kosher salt and freshly ground pepper**
- **3 tablespoons unsalted butter**
- **7 ounces shiitake mushrooms, stemmed and chopped (3 cups)**
- **1 cup jasmine rice, rinsed**
- **1 cup frozen peas**

1. Whisk miso with 1 tablespoon each honey and vinegar in a shallow vessel. Add salmon, turn to coat. Cover and refrigerate. Toss cucumber with ½ teaspoon salt; let stand 10 minutes, then drain. Toss with remaining 1 teaspoon honey and 1 tablespoon vinegar.

2. Melt butter in a saucepan over medium heat. Add mushrooms; season with salt and pepper. Cook, stirring, until golden, about 5 minutes. Stir in rice; cook, stirring, 1 minute. Add 1¾ cups water; season. Bring to a boil, then reduce heat to low, cover, and cook 15 minutes. Remove from heat; add peas and let stand, covered, 10 minutes. Fluff with a fork. Preheat broiler. Scrape marinade off salmon; place on a broiler pan and broil until blackened in places and cooked through, 5 to 6 minutes. Let cool; serve with rice and cucumber.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 45 MIN. | **SERVES:** 4

Potato, Chorizo, and Egg Sandwiches

- **½ cup mayonnaise**
- **¼ cup finely chopped Peppadew peppers (from 6 to 8)**
- **1 cup sliced scallions (from 1 bunch)**
- **Kosher salt and freshly ground pepper**
- **5 tablespoons extra-virgin olive oil**
- **2 Yukon Gold potatoes, cut into ¼-inch half-moons (2 cups)**
- **3 ounces dried chorizo, thinly sliced into half-moons (¾ cup)**
- **8 large eggs**
- **4 kaiser or other hard rolls, split, for serving**
- **Arugula, for serving**

1. Preheat oven to 375°. Stir together mayonnaise, Peppadews, and 2 tablespoons scallions; season with salt and pepper. In a medium nonstick skillet, bring 3 tablespoons oil, potatoes, and 1 cup water to a boil over medium heat; season. Boil, stirring occasionally, until potatoes are tender, 8 to 10 minutes. Add remaining scallions and chorizo. Cook, stirring, until scallions are soft, 1 minute. Whisk eggs in a large heatproof bowl; stir in potato mixture to combine. Season with salt and pepper.

2. Heat remaining 2 tablespoons oil in clean skillet over medium-high. Add egg mixture; cook, stirring to develop curds, 1 minute. Transfer to oven; bake until just set, 10 to 13 minutes. Let cool 10 minutes. Run a rubber spatula around edges; slide onto a cutting board. Slice and serve on rolls, with mayo mixture and arugula.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 50 MIN. | **SERVES:** 4

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Caramel-steeped ladyfingers soften as the dessert sets in the refrigerator, achieving the texture of a traditional sponge cake without any baking involved.

| SWEETS |

Happy Tiers

This treat may stand tall, but you can whip it up in short order. Simply whisk mascarpone and heavy cream into glossy peaks, soak store-bought ladyfingers in a quick caramel, and layer both with sliced fresh strawberries. Drumroll, please: Introducing tiramisu's enchanting summery sister.

TEXT BY CLAIRE SULLIVAN RECIPE BY GREG LOFTS

Strawberries-and-Cream Stack Cake

- 1 cup granulated sugar
- 1 teaspoon finely grated lemon zest, plus ¼ cup fresh juice (from 1 to 2)
- 8 ounces mascarpone
- 2 cups heavy cream
- ½ cup confectioners' sugar
- Pinch of fine sea or kosher salt
- 30 ladyfingers (from two 7-ounce packages)
- 1 pound fresh strawberries, hulled and thinly sliced, plus more halved or whole strawberries for decorating (optional)

1. Combine granulated sugar and 3 tablespoons water in a small saucepan. Cover and bring to a boil over medium-high heat; continue boiling, covered, until sugar dissolves, about 1 minute. Uncover and continue boiling, swirling pan gently as color develops at edges of pan, until sugar turns medium amber and fragrant, 3 to 4 minutes more. Remove from heat; carefully add lemon zest and juice and ¼ cup cold water (add water all at once and pull hand away immediately; mixture will splatter and steam). Stir until smooth; if necessary, return pan to low heat to liquefy completely. Transfer to a heatproof bowl; let cool until slightly warm to the touch, about 30 minutes.

2. Whisk mascarpone, cream, confectioners' sugar, and salt on medium-high speed to stiff peaks. Working one at a time, dip 10 ladyfingers in caramel, turning to fully coat and allowing excess to drip back into bowl. Spread a very thin layer of cream mixture on bottom of each dipped ladyfinger (to prevent sliding); arrange on a platter in a snug row. Dollop one-third of remaining cream mixture on top; spread to edges in an even layer. Top with one-third of strawberries in a single layer. Repeat dipping and layering twice more (skipping the thin layer of cream mixture on bottom of cookies for remaining layers). Cover loosely but fully and refrigerate at least 24 hours and up to 2 days. Top with more halved or whole berries. To serve, slice between each row of ladyfingers.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 55 MIN., PLUS CHILLING | **SERVES:** 10

FOOD STYLING BY REBECCA JURKEVICH; PROP STYLING BY SUZIE MYERS

PHOTOGRAPH BY CHRIS SIMPSON

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June

"It was early summer; everything was fresh and fair. The grass was green green; the sky was blue, immensely blue; the world was flooded with gracious light."

—William Steig, *Gorky Rises*

PHOTOGRAPH BY GENTL AND HYERS

We have the scoop on making incredible ice cream desserts at home. First, stock up on your favorite flavors—at the store. *Booyah!* Second, get creative with mix-ins, pour-overs, and our hands-on techniques, since some assembly is required. With treats this magnificent, brain freeze is a beautiful thing.

PHOTOGRAPHS BY CON POULOS | TEXT BY CATHERINE HONG | RECIPES BY GREG LOFTS

PARLOR TRICKS

CHERRY-CHEESECAKE CELEBRATION BOMBE

Build a Masterpiece

Yes, this wonder is a stone-cold project, but it's worth every step. Four components get layered into a large mixing bowl: a tangy, no-bake cheesecake filling made from cream cheese and sweetened condensed milk first; a crunchy blend of freeze-dried-cherry-spiked cookie crumbs; store-bought ice cream amped up with cherry syrup; and a tender round of sponge cake (made with oil, not butter, so it stays soft when chilled). After unmolding the frozen opus (dipping the bowl in hot water releases it), gently pat more cherry cookie crumbs on top. Simply put, it's the bomb.

CHOCOLATE-SEA-SALT-BROWNIE ICE CREAM SANDWICHES

For all the recipes in this story, see page 96.

Hit the Stacks

The secret to an outstanding ice cream sandwich is the cookie. Or in this case, the *brookie*. Beating eggs with brown and white sugars until the mixture doubles in volume results in rounds that are dense and fudgy on the inside and amazingly crackly on the outside. (A sprinkle of sea salt before baking is the final chef's-kiss touch.) Once they're cool, smush slightly softened ice cream between them—in whatever flavors get your imagination churning.

Jump for Java

Visualize your dream frozen cappuccino drink in dessert form. Then manifest it! Just smooth a blend of two parts store-bought coffee ice cream and one part chocolate ice cream into our chocolate-shortbread shell. Then whip up an airy top layer of caramel meringue from egg whites, sugar, and cream caramel. The confection is finished with cocoa nibs and more caramel, and comes with at least *venti* jolts of joy.

FROZEN
CAFÉ-MOCHACCINO
TART

Meet New Buddies

If you feel a pang for a King Cone, Strawberry Shortcake, or Choco Taco when an ice cream truck rolls by, go ahead and indulge your inner child. To create the rich, crunchy rim, first dip the cones in a quick homemade shell (a blend of coconut oil and milk, dark, or white chocolate) and roll them in chopped hazelnuts, peanuts, or cashews. Then you add your scoops, drizzle on more glaze (which will harden instantly to form the crispy shell), sprinkle on more nuts, and serve or keep in the freezer. (Note: To store finished cones, fill a cake pan with rice or dry beans and nestle them in, so they don't tip over.) When it's time to enjoy, everyone will discover the surprise ending: a spoonful of fudgy chocolate ganache and even more nuts at the bottom.

GREEN-TEA
PROFITEROLES

Try On a Choux

This elegant number nods to the offerings at Taiyaki NYC, a cult ice cream shop known for its matcha-green-tea soft-serve swirled into fresh-baked taiyaki (Japanese waffle cakes shaped like fish). It stars green-tea ice cream tucked inside a golden profiterole with a black-sesame-flecked craquelin—French for "cracker"—baked on top. Served in a pool of silky crème anglaise scented with ground ginger, it's almost (we repeat, *almost*) too pretty to eat.

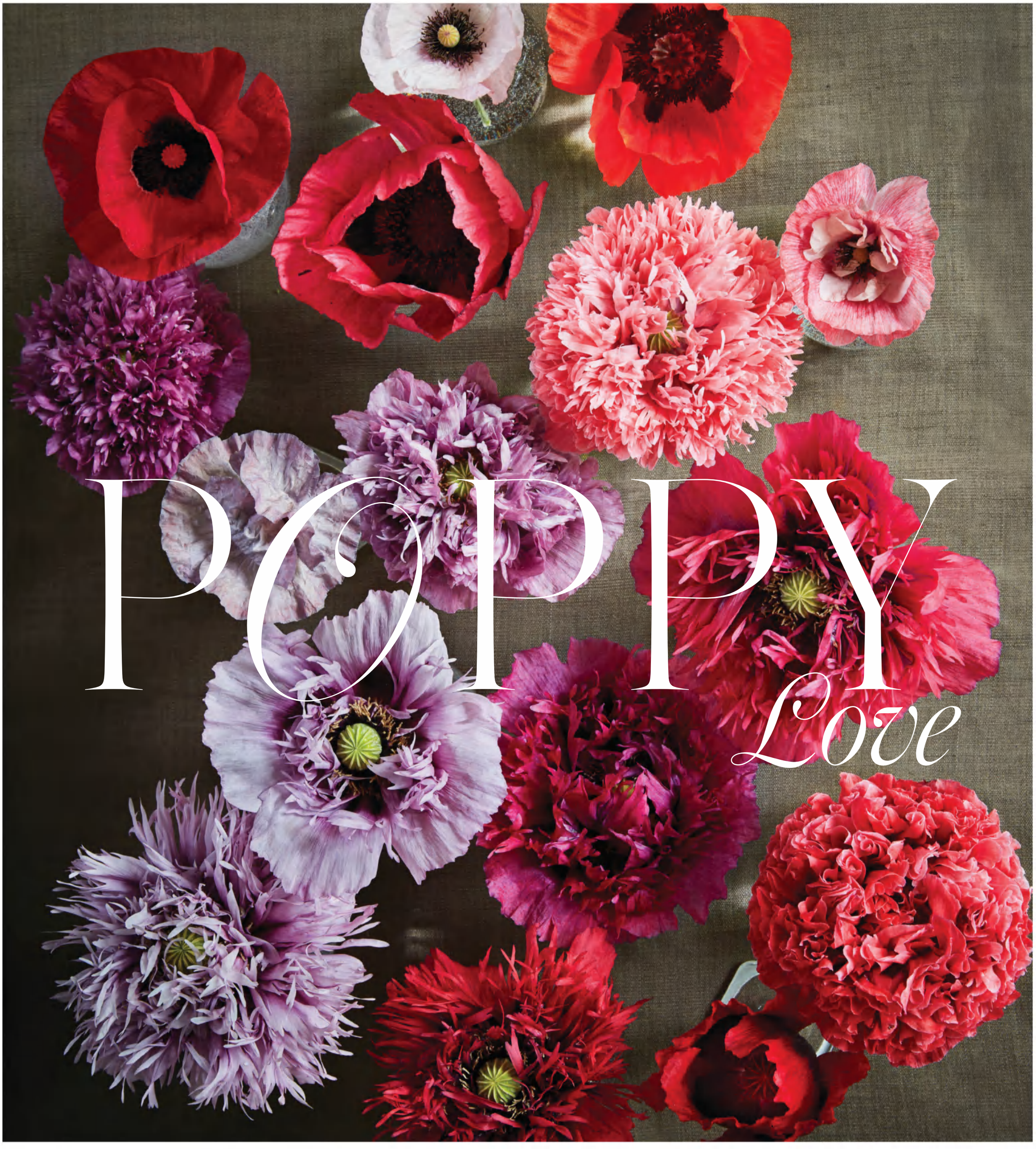
ART DIRECTION BY JAMES MAIKOWSKI; STYLING BY STEVE PEARCE

Color Your World

Appalachian stack cake, traditional at mountain weddings, is a treat of crisp, cookie-like layers spread with a spiced-apple filling. Our frosty spin, divine at any elevation, calls for homemade meringues (baked into four rectangular slabs) and three layers of fruit sorbet; we're partial to mango, blood orange, and passion fruit for their intense color and tropical punch. On top is frozen whipped cream—a cool cloud that instantly melts in your mouth.

TROPICAL-SORBET-AND-MERINGUE STACK CAKE

MEMORY LANE
The tall Oriental poppies, marked with black centers, in Martha's Bedford perennial plot remind her of ones her father planted when she was growing up in New Jersey. *Opposite:* An array of varieties from her garden, including breadseed, which can have feathery and ruffly petals and comes in purples, reds, and pinks.



POPPY *Love*

These stunning, shape-shifting flowers paved the way to the Emerald City, moved Georgia O'Keeffe to paint them, and inspired Martha to plant a rainbow's worth in her Bedford garden. Here, she shares her love for the ephemeral beauties in the landscape—as well as gorgeous arrangements created by her friend and colleague Kevin Sharkey for display at home.

PHOTOGRAPHS BY NGOC MINH NGO TEXT BY LISE FUNDERBURG

"Poppies are delicate, so it's important to build a supporting structure into any arrangement, whether it's using foliage or other flowers."

—Kevin Sharkey

BEFORE MARTHA DISCOVERED POPPIES, she was a fan of their seeds. "All of my grandparents came from Poland," she explains. "They brought with them the most delicious recipes." Their slate of eastern European fare included babkas and bagels, hamantaschen and rolled coffee cakes, and the German mohnkuchen, a cake filled with ground poppy seeds, raisins, and honey. "I love them in anything," she says.

When Martha started designing her own gardens more than four decades ago, that reverence spilled over to the plants. She learned that the flowers come in every stripe and shape, well beyond the orangey-red Oriental perennials (*Papaver orientale*) her father grew when she was a child. Since her first plot at Turkey Hill, she has been cultivating the beauties, exploring colors and forms, and figuring out new ways to maximize their ethereal impact, whether in a flower bed or vase. She tapped her friend Kevin Sharkey, executive vice president and executive director of design for the Martha brands, to make the stunning arrangements on these pages.

The plants offer something charming at every stage of growth, from fuzzy, nodding buds and eccentric, wiry stems to blooms that open flat and face straight into the sun. Martha sources seeds from specialty catalogs, such as Baker Creek Heirloom Seeds and Select Seeds, and like seasoned gardeners everywhere, she takes part in a lovely ritual every fall: swapping

and sharing the seeds she saves from the scepterlike heads.

Her collection spans the spectrum, from scarlet to gray to pink to near-black, and it showcases ruffled, feathery, and paperlike petals that mimic the surrounding peonies, carnations, and roses in her beds. "People come to my garden now and all they want are poppy seeds," says Martha with a laugh. She especially loves two European annual varieties that reseed so profusely, they could be mistaken for perennials: *P. somniferum*, called breadseed or opium poppies; and *P. rhoeas* (Flanders, corn, or Shirley), scarlet blooms best known as a token of remembrance for soldiers lost in war, an association that dates to World War I. Both kinds proliferate in late spring

DRAMA QUEENS
***From left*: Poppies, pink roses, purple lupines, bell-like foxgloves, Siberian irises, and frothy cotinus blooms spill lavishly from a large Chinese porcelain vase; Kevin formed a sturdy base of cotinus branches, fern fronds, and *Rodgersia* leaves to support them. Fuchsia roses and three kinds of poppy—feathered, pom-pom, and peony—sit tight in a monochromatic display; Kevin arranged them densely because they can be heavy: "This way, they can rest their heads on someone else's shoulder." Crimson poppies float over a chartreuse cloud of lady's mantle, their dainty stems buttressed by a narrow vintage coffeepot.**

"Perennial gardeners are always looking for ways to
bridge the seasons. Here in Zone 5, my breadseed poppies
fill the color gap between spring and summer."
—*Martha*

ALL AFLUTTER
Martha plants poppies to fill gaps between perennials and to create waves of color. At left, white and mauve breadseed hybrids intermingle with bright-red classic Flanders and 'Amazing Gray' Shirley poppies. The flowers can grow in a range of climates, from Zones 2 to 9. Site them where they have plenty of sun (six to eight hours per day) and can root into moist, well-drained soil. They don't require much tending as long as they're not overwatered (poppies are susceptible to fungal diseases and rot) or transplanted (the long taproots are easily broken). In milder areas, sowing seeds in the fall will produce early-spring germination.

at Bedford, where Martha and her head gardener, Ryan McCallister, relish the serendipity of hybrids and self-seeded volunteers that crop up unannounced. They also sow strategically—anticipating where they can disguise spent lupine and peony blooms, or distract from green masses of plants yet to flower—as well as continuously from February to April, to extend the season. Since the seeds are so tiny, some as fine as dust, they combine one part seed with three parts sand before shaking the mix onto the ground to prevent overcrowding. "Otherwise you end up with dense clumps of seedlings that strangle each other or rot, due to the lack of air circulation," Ryan explains.

Though the flowers are unfussy growers, they tend to be fragile—and, once harvested, fleeting. When snipping them, keep a bucket of cold water by your side and immerse each stem immediately. Then sear the ends with a match to stop the flow of the milky sap, which can clog the stem. Martha is happy to leave the floral design to Kevin, who shares her taste for abundant bouquets in striking palettes.

Meanwhile, she's busy seeking the holy grail of the Papaveraceae family: *Meconopsis*, the Himalayan blue poppy, a striking and notoriously temperamental Tibetan native that likes cool temperatures and partial shade. "My goal is to get them to grow here in Bedford," she says. "I don't know how yet. I'm going to figure it out." Stay tuned.

When Mumbai native Sana Javeri Kadri founded her California spice company four years ago, she set out to bring the freshest flavors possible to the States, while offering fair pay and an equitable partnership to farmers across India in the process. Diaspora Co. is the vibrant and game-changing result.

PHOTOGRAPHS BY GENTL AND HYERS
TEXT BY CHRISTINE CHITNIS
RECIPES BY ARCHANA PIDATHALA, ASHA LOUPY & SANA JAVERI KADRI

SPICE *of* LIFE

FLAVOR BLAST

The ingredients for the popular spice blend Andhra gunpowder—a rich, tingly mix that gets sprinkled on finished Indian dishes, rice, and naan—include (clockwise from top left) cumin seeds, coriander seeds (with wooden spoon), shredded coconut, garlic, roasted split chickpeas, Guntur sannam chiles, sugar, curry leaves, and salt. *Opposite*: Diaspora Co. founder Sana Javeri Kadri sits atop bundles of freshly milled turmeric. She travels to India at least once a year to visit farmers and replenish her inventory.

ON A TRIP to the Indian state of Andhra Pradesh in February 2017, Sana Javeri Kadri, right out of college and working in marketing at Bi-Rite, San Francisco's beloved specialty-grocery chain, was introduced to a turmeric so flavorful and nuanced, it changed the direction of her life. That might sound dramatic, but given the dusty old spices she was familiar with, this golden, glowing powder, packed with zesty, floral notes, was nothing short of a revelation. The man behind the bounty was a third-generation farmer, Prabhu Kasaraneni, who had planted heirloom turmeric using ancient, self-taught farming methods among fields of marigolds, bananas, and black rice. Within days, Javeri Kadri decided to put an income-tax return toward purchasing roughly seven hundred pounds of turmeric from him, promising to return to India to buy more if she sold it. Six months after that first trip, Diaspora Co. launched with one spice: Kasaraneni's single-origin Pragati turmeric. It sold out on her website within days, and a partnership was formed, in which she purchases his entire harvest directly at a price he sets. The response from consumers and the food industry was overwhelming, and chefs such as Preeti Mistry and cookbook author Julia Turshen gushingly spread the word. Javeri Kadri knew she'd hit on something big, not only with her product, but with her revolutionary business model.

To understand why a spice company rooted in equity is groundbreaking, it's important to recognize that the colonial conquest of the Indian subcontinent was inextricably linked to the spice trade. "Thousands of years of indigenous spice-growing knowledge have been buried by an exploitative spice trade that removed farmers' stories from the equation," explains Javeri Kadri. European colonizers relied on indentured labor to grow, harvest, and transport goods. Under this system, large companies and middlemen—processors, auctioneers, and wholesalers—maintained power and made the profits. Though India gained independence in 1947, many farmers there continue to feel those effects. Diaspora Co. sells directly from farm to consumer, and sends a share of profits straight to growers. Consumers win, too: While spices often reach stores three to seven years after leaving the farm—by which time they're reduced to nearly flavorless powders—Diaspora's are amazingly fresh and potent.

In close partnership with a network of agricultural scientists, farmers' co-ops, and regional community leaders, Javeri Kadri now works with more than 30 farms to source her current 12 varieties, ranging from Aranya black pepper (with notes of fig, citrus, and chocolate) to lemony, nutty Nandini coriander. More offerings are on the way. "Many of our farms are preparing for future harvests," she says. To meet Diaspora's high standards, they must convert from conventional growing methods to regenerative and sustainable agriculture, a process that can take years. Once it's completed, Javeri Kadri purchases whole harvests in bulk, paying an average of six times the commodity price, and provides health insurance. "You can pay the farmer a lot of money, but that still

EGGPLANT ROTI PACHCHADI

SANA'S TURMERIC GIN AND TONICS

For all the recipes in this story, see page 99.

GOLD DUST

Clockwise from top left: **Venkayamma, a farmworker, sifts Pragati turmeric into an ultrafine powder. The spice gives gin and tonics a sunny glow. This indigenous variety of turmeric, gathered from the Thekkady forests, was distributed to select farmers by the Indian Institute of Spices Research in Kerala starting in 2013. "When Sana came to our farm, we were able to show her not only our fields, but our mill and the techniques we use," says Prabhu Kasaraneni. Fresh vegetable chutneys—like this eggplant roti pachchadi, made with roasted Guntur sannam chiles, Nandini coriander, and curry leaves—are a staple in many Andhra homes, typically made with a mortar and pestle to retain the ingredients' original flavor and texture.**

isn't often true equity," she says. "The farmers are mostly men, while the majority of laborers are migrant women and/or Dalit women." Access to health care and higher wages for all, from farmers to workers who manage the day-to-day planting, weeding, irrigating, and harvesting, is a crucial step toward balancing benefits across the supply chain.

The dishes on these pages, which feature flavors like pungent black mustard and perfumed cardamom, were inspired by the traditional midday meals enjoyed by farmers in the region. "Lunch is an elaborate, sit-down affair, meant to give farmers the nourishment they need for the rest of the day," explains Archana Pidathala, a cookbook author who created most of these recipes and is based in Andhra Pradesh, the state where Javeri Kadri tasted the turmeric that would rock her world. For Javeri Kadri, seeing Diaspora Co.'s spices resonate in authentic, home-cooked recipes from the very region where they were grown, harvested, and processed is a dream come true. As she puts it, "this is a spice company by us, and for us."

HEAT WAVE

Clockwise from top left: **For this intensely aromatic chicken dish, marinated bone-in breasts, thighs, and drumsticks are cooked in a caramelized masala reduction, which concentrates the flavor of the spices. In the Guntur, Andhra Pradesh, region of India, the Narne brothers, who grow chiles, and their neighbors survey the fields, which are about a week from harvest. Chiles dry in the sun; later, workers will pound the hot peppers into a powder with sesame oil and rock salt to extract their smokiness.**

ASHA'S CACAO COOKIES

SWEET DREAM

Cookies flavored with Diaspora Co.'s Anamalai cacao powder pair nicely with a steaming cup of chai. When launching the company, Javeri Kadri imagined a day when she could make a cup of chai using only its own spices. That dream will come true this year with the addition of cloves, ginger, fennel, and cinnamon to the company's offerings.

PRO TEAM

Ratna Kumari (far left), the Kasaraneni farm group's leader, rests with her crew (from left, Malleswari, Kamala, Rani, and Rama) after a morning of gathering turmeric. To harvest the spice, a buffalo and cart pull the plant's rhizomes (which resemble ginger roots) from the earth. The women follow behind, picking up and cleaning the pieces loosened by the buffalo, then adding them to shallow plastic buckets. Later, they will peel, boil, and dry each piece before grinding and sifting it three times.

ART DIRECTION BY JAMES MAIKOWSKI; FOOD STYLING BY FRANCES BOSWELL; PROP STYLING (RECIPE IMAGES) BY AYESHA PATEL

COLD CREAM

This refreshing summer dessert is typically made with strained full-fat yogurt and mango purée. Archana's rendition swaps in ripe peaches enlivened with Baraka cardamom and Kashmiri saffron. A sprinkling of rose petals and pistachios adds a splash of color and crunch.

PEACH SHRIKHAND

VIP SEATING

On the front porch of their home, Annie Mennes's younger daughter, Leah, and son, Axel, hang out on a Lowcountry swing bed. An Ikea rattan chair with Kufri fabric cushions is paired with an Urban Outfitters metal table. The floor is painted in Rust-Oleum Pearl Gray, and the home's clapboard exterior is in Benjamin Moore Cloud White, one of Mennes's favorite whites: "It reads crisp and bright, but it has a lot of warmth to it as well." For more sources from this story, see page 103.

SUNNY SIDE
The back door makes a splashy entrance with Portola Paints & Glazes' Ching Ming. It opens onto a breakfast nook in Farrow & Ball Martin Kesselman White. Kufri pillows top the Gus* Design Group ottoman; the hook is by Lostine.

THE *Great* UPDATE

In a Hudson Valley hamlet 50 miles north of New York City, architect Annie Mennes took history into her own hands, transforming an outmoded 19th-century farmhouse and rebuilding its barn into spacious his-and-hers offices. She shares her smart approach and the creative sources she mined to design a vibrant, happy hub for running her business and raising her family.

PHOTOGRAPHS BY DANA GALLAGHER TEXT BY DAN SHAW

OPEN CALL

Mennes expanded the kitchen into the dining room, but had to keep the chimney (it vents the heating system). So she worked it into the island, which is painted in Benjamin Moore Iron Mountain and topped with Silestone quartz. White-oak countertops and a Fireclay Tile backsplash surround the NXR stove; the faucet is by Perrin & Rowe.

WHEN PLANNING THE RENOVATION of her family's Garrison, New York, farmhouse six years ago, Annie Mennes channeled two very different places and times: 1800s New England and 20th-century Scandinavia. "I like traditional style when it's clean, crisp, and articulated; and on the modern side, I don't like rooms to be too spare," says the architect, who has worked for firms such as Roman and Williams in New York City and now runs her own studio, Garrison Foundry. "My approach is marrying the two together." What she started with, however, was rustic Adirondack vernacular, with cedar-shake siding that had been covered by white clapboard in the 1920s, and a front porch that had rotted and been ripped off by a previous owner. Reinstating the latter was high on her to-do list. "I'd always felt like the house was missing its nose," says Mennes. To find out what else it lacked, she; her husband, media executive David Minkin; and their three children—Elsa, 10, Axel, 8, and Leah, 4—lived there for five years before doing any work. "We realized we needed more storage, a mudroom, and a fourth bedroom," she says. Once it started, they stayed put, something she never recommends to clients: "For a while we had a blue tarp as a roof, which delighted my daughter, who told me she thought it was 'so cool.'" The work took just under a year, and was completed in 2017.

Not surprisingly, much of the home's character owes to the architectural updates Mennes made, and it reflects her penchant for quirky details and carving out clever nooks. She installed decorative rift-sawn white-oak beams throughout, and replaced the original windows with Lepage Millwork ones that are aluminum-clad on the exterior and pine on the interior. She liked the old-fashioned rosettes on some of the door frames, as well as the original baseboards and trim, and found companies to replicate them. After reinstating the front porch, she enclosed a second one off the living room as a sunroom; in Elsa's room, she added a dormer, creating a cozy hangout-slash-homework loft—a choice that really proved its worth over the past year. "It was well used while she was attending school remotely," says Minkin. "In fact, she's got the nicest room in the house."

Prior to all this, Mennes had designed adjoining work spaces for herself and Minkin out back. "When we bought the place, I thought we'd just insulate the old barn for our offices, because it was beautiful to my eye, but we discovered the joists were rotting and had to tear it down," she says. "We salvaged all of the old hemlock boards and reused them for David's side, which was his man cave before it became his home office last year."

Zooming side by side has had its perks. "I know the voices of everybody he works with at this point," she says. "I always joked that I didn't really understand what David did, and now after hearing him on endless calls, I do." Minkin, however, has always understood—and appreciated—his wife's work. "I can always recognize an Annie design," he says. "Now I'm lucky enough to live and work in one."

EASYGOING ART

The centerpiece of the living room's gallery wall is a yellow star print by artist Lena Wolff. It's surrounded by (clockwise from top) a pink Agnes Martin print, a landscape from Anthropologie, an Agnes Martin exhibit poster, a black-and-white Claire Oswalt collage, a Donna Walker landscape painting, a black-and-white collage that Mennes found on Etsy, a Nicole Patel landscape, and an Animal Print Shop bunny print. The lamp is from Victoria Morris pottery. For more sources from this story, see page 103.

INNER PEACE

A Justina Blakeney Kerani wall hanging and hand-loomed Peruvian *frazada* from Intiearth (used as a coverlet) give the parents' retreat a boho feel. The bed is from Room & Board, the linen sheets and basket are from Zara Home, and the blue pillow is from Amazon. A Danish vase that Mennes found on eBay accents the Betania side table from Anthropologie. She had the Serena & Lily Flynn wall sconce hardwired into the wall.

UPWARD MOBILITY

In Elsa's bedroom, Axel climbs up a ship ladder from Acadia Stairs to the loft while she and Leah play below. The sliding barn door covers the closet. A striped Peruvian *frazada* from Intiearth covers the Ikea bed; the rug is from Pottery Barn. Mennes bought the Eames-replica desk chair on eBay.

OFFICE MATES

Mennes's half of the rebuilt barn is painted in Benjamin Moore Cloud White; her husband's is paneled in hemlock they salvaged. Metal-caged warehouse lights line the peaked ceiling. For her desk, she laid a reclaimed pine slab across Bisley file cabinets, and mounted a Home Depot pegboard (also painted Cloud White). Ikea boxes and magazine files and a Fartech calendar flip clock fill the floating shelves. She found the faux-Eames desk chair on eBay, and the ladder with wire bins on Etsy; the lounge chair is by Jens Risom. For more sources from this story, see page 103.

HAPPY HIDEAWAY

Mennes enclosed a former screened porch on the side of the house with Lepage Millwork windows, and finished the interior with board-and-batten paneling that's painted in Benjamin Moore Chantilly Lace. When the kids aren't playing here, she stretches out with a book on the Urban Outfitters daybed and cushion. The large textured pillow is from Anthropologie, the striped one is from Target, and the pink geometric-print ones are from Kufri. A Noguchi Akari light sculpture hangs above, and the Moroccan carpet is from Heja Home.

ART DIRECTION BY RYAN MESINA; STYLING BY LORNA ARAGON

OH NATUREL

Local garden designer and former *Living* gardening editor Lindsey Taylor surrounded the home's side terrace with low-maintenance plants and flowers, like sedum, lavender, and poppies. The pergola has a temporary willow top for shade until the wisteria and clematis grow in. A Viwei rattan pendant lights the Teak Warehouse table, bench, and chairs. The original stone fireplace was outfitted for grilling; the family fires it up for fish and flatbreads all summer long.

SEE MORE!
To look at additional rooms and images of this home, hover your phone's camera here, or go to *marthastewart.com/mennes*.

GET YOUR GRILL ON

When summer evenings cast their magical spell, you want to dine alfresco every chance you get. So why not move the kitchen outdoors, too? These any-night grilling recipes are fast and delicious—and show off the season's best ingredients.

BISTRO BURGERS

PHOTOGRAPHS BY CON POULOS
TEXT BY MICHELLE SHIH
RECIPES BY LAURYN TYRELL

Burger Heaven

A few simple moves elevate a backyard hamburger to steak-house status. Grill thick slices of onion, just enough to take the edge off but maintain some crunch, and drizzle them with Worcestershire. Then brush uncooked patties with Dijon mustard to help them caramelize, and stash the finished burgers and onions in a covered pan to keep everything warm and juicy. Toast some brioche buns (swiped with a zesty horseradish Dijonnaise), and pile crisp watercress and radicchio on each plate. Serve with cornichons and sliced tomatoes sprinkled with salt, and all that's missing will be the gruff waiter and leather banquettes.

GRILLED CHICKEN THIGHS WITH CHARRED CORN AND SUMMER SQUASH

For all the recipes, see page 101.

Chick Lit

Marinades are transformative, but you normally discard them, lovely fresh herbs and all, because they mingle with raw meat. Here, not a single drop goes to waste: After a quick turn on the grill, flame-kissed boneless thighs get tossed with a minty lemon dressing. Next, you char some corn and zucchini—or any grill-friendly vegetables that catch your eye at the farmers' market—and when you lay the meat on top, the sauce dresses everything on the platter. It's a pleasure to eat it all tumbled together, and nothing gets left behind—you'll devour every last kernel, leaf, and succulent bite.

GRILLED-SKIRT-STEAK-AND-HEARTS-OF-PALM SALAD

Hot Tip

For a good sear on quick-cooking proteins, you need a scorching grill. Hold an open palm five inches above the grates—if you need to pull away after two to four seconds, it's ready. On a gas grill, the hood thermometer should read 500 degrees.

Good Vibrations

Something wonderful happens when a skirt steak slathered in red curry paste hits a hot grill. It sizzles into spicy complexity, the lemongrass, galangal, chiles, and other ingredients uniting for one compact punch. Pair the sliced meat with grilled hearts of palm, which taste like a briny cross between a fresh vegetable and a pickle, and toss with fresh mizuna or other Asian greens, juicy cherry tomatoes, and thin rice noodles (quickly cooked in boiling water) that offer just enough heft to turn this Thai-inspired salad into a complete meal. And whisk together lime juice, fish sauce, more red curry paste, sugar, and oil for a dressing you'll put on repeat.

CHIPOTLE-SHRIMP TACOS WITH FENNEL AND BEANS

Curly 'Cue

The smokiness of these shrimp tacos comes from multiple sources—not just the grill, but also canned chipotles in adobo, a hardworking pantry item that does its job spectacularly in small doses. Let your shrimp marinate in its spicy essence while you mash up canned pinto beans with garlic and cilantro stems (a genius way to use every part of the herb; you'll save the leaves for serving). Get your fire super-hot, and the shrimp will char in minutes; blistering the tortillas will take mere seconds. A fennel slaw, tossed with lime juice and salt, adds zesty crunch to every mouthful. Pretty snazzy for a midweek meal.

Hot Tip
Get some char on your veggies, but take them off while they still have a bit of crunch: The crisp-tender texture is a nice contrast with the plush roll and gooey cheese.

SUMMER-VEGGIE MELTS WITH CAPER SAUCE

Sandwich Generation

Assemble these bad boys of summer, and buckle up for a lasting love affair. Inside is a colorful mix of grilled veggies—bell peppers, onion, and Broccolini, which has a meatiness that makes the filling substantial—and the shell is a hoagie that gets toasty on the grill but stays pillowy-soft in the center. Provolone, the perfect melting cheese, melds the masterpiece together. The final and most important touch is a generous smear of piquant basil-caper aioli; bold and herbal, it tastes as if a green-goddess dressing strolled into an old-school Italian deli.

ART DIRECTION BY JAMES MAIKOWSKI; STYLING BY STEVE PEARCE

GLAZED PORK CHOPS AND BLISTERED SHISHITOS

Blazed Glory

For a delicious riff on a Japanese bento box, embrace the open flame. Brushed with a simple glaze of hoisin and chili sauce, pork chops caramelize quickly yet finish cooking in minutes, before the sugars have a chance to burn. Rounded out with steamed rice, shredded cabbage, and a sesame-ginger dressing, the result is like juicy pork katsu, sans the breading and frying. Blistered shishito peppers may be something you've eaten only in restaurants, but they're shockingly easy to make at home. (If your grates are wide, put them on a grid rack so they don't fall through.) Crack open an icy beer, and slice into summer happiness.

The Workbook

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GOOD THINGS

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Fizzy Fruit Punch

We like Ceres brand guava and passion-fruit juices, and Ocean Spray tart-cherry juice, because none of them contain added sugar.

- **1 cup halved, pitted sweet cherries, plus more for serving**
- **½ cup thinly sliced orange, plus more for serving, and 4 ounces fresh orange juice**
- **1 tablespoon sugar**
- **12 ounces pure unsweetened tart-cherry juice**
- **24 ounces seltzer, chilled**

In a pitcher, toss cherries and orange slices with sugar. Stir in orange and cherry juices, cover, and refrigerate, stirring once, at least 1 hour and up to 12 hours. When ready to serve, fill pitcher halfway with ice and stir in seltzer. Serve in glasses over ice; garnish with more cherries and orange slices. (Or pour fruit-juice mixture into glasses over ice and top with seltzer, then garnish with more cherries and orange slices.)

VARIATIONS

Strawberry, Lemon, and Guava: Substitute sliced strawberries for cherries, lemon slices and juice for orange, and guava juice for cherry juice.

Blackberry, Lime, and Passion Fruit: Substitute blackberries for cherries, lime slices and juice for orange, and passion-fruit juice for cherry juice.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 1 HR. 5 MIN. | **SERVES:** 6 TO 8

PARLOR TRICKS

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Cherry-Cheesecake Celebration Bombe

SPONGE CAKE

- **2 tablespoons vegetable oil, plus more for pan**
- **⅔ cup cake flour (not self-rising)**
- **½ teaspoon kosher salt (we use Diamond Crystal)**
- **¾ teaspoon baking powder**
- **3 tablespoons hot tap water**
- **¼ cup plus 2 tablespoons granulated sugar**
- **2 large eggs, separated, plus 1 large egg white, room temperature**
- **½ teaspoon pure vanilla extract**
- **Pinch of cream of tartar**

CHERRY-COOKIE CRUMB

- **3 cups vanilla-wafer cookies (6 ounces)**
- **2 cups freeze-dried cherries or raspberries (1¼ ounces)**
- **3 tablespoons granulated sugar**
- **3 tablespoons unsalted butter, melted**

CREAM-CHEESE FILLING

- **16 ounces cream cheese, room temperature**
- **1 can (14 ounces) sweetened condensed milk**
- **1¼ cups heavy cream**
- **1 teaspoon pure vanilla extract**

CHERRY ICE CREAM

- **3 cups pitted fresh or frozen sour cherries (12 ounces)**
- **⅓ cup light corn syrup**
- **4 teaspoons cornstarch**
- **1 quart vanilla ice cream**

1. Sponge cake: Preheat oven to 350°. Brush a 10-inch round cake pan with oil. Line bottom with parchment; brush parchment. Whisk together flour, salt, and baking powder to combine. In a large heatproof bowl, whisk hot water with ¼ cup granulated sugar until dissolved. Whisk in oil, then egg yolks and vanilla until smooth. Whisk flour mixture into oil mixture just until combined. In a mixer fitted with the whisk attachment, beat egg whites on medium-low speed until frothy. Add cream of tartar, increase speed to medium-high, and continue beating until soft peaks form. Gradually add remaining 2 tablespoons granulated sugar; continue beating until stiff, glossy peaks form, about 2 minutes. Stir one-third of egg whites into batter. Gently fold in remaining egg whites just until no streaks remain. Transfer to prepared pan, smoothing top with an offset spatula.

2. Bake until cake is pale golden and top springs back when lightly pressed, 15 to 17 minutes. Let cool 15 minutes in pan on a wire rack, then turn cake out onto rack, remove parchment, and let cool completely.

3. Cherry-cookie crumb: Pulse cookies, cherries, and granulated sugar in a food processor until finely ground. Add butter; pulse until texture resembles wet sand (you should have 2 packed cups). Transfer to a bowl, or refrigerate in an airtight container up to 1 week.

4. Cream-cheese filling: Line a 10-inch-diameter mixing bowl (10-to-12-cup volume) with plastic wrap, leaving a long overhang on all sides. Beat cream cheese on medium-high until light and

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fluffy, about 2 minutes. Beat in condensed milk. In another bowl, whisk cream and vanilla to soft peaks. Fold into cream-cheese mixture to combine. Transfer to prepared mixing bowl, smoothing top with an offset spatula. Sprinkle evenly with 1 cup cookie-crumb mixture. Transfer to freezer.

5. Cherry ice cream: Combine cherries, corn syrup, and cornstarch in a medium saucepan. Bring to a boil, stirring a few times. Boil until juices thicken slightly, about 1 minute. Transfer to a bowl and refrigerate until cool, about 30 minutes (or cool quickly over an ice-water bath). Temper ice cream in refrigerator until softened but not melting, about 20 minutes. Transfer ice cream and chilled cherry mixture to a food processor. Pulse just until combined and no streaks of ice cream remain. Pour into bowl in freezer, smoothing top. Top with sponge cake. Cover cake with plastic overhang and freeze until firm, at least 8 hours and up to 5 days.

6. Dip bowl in a hot-water bath 10 seconds. Wipe bowl dry and invert onto a cake plate. Remove bowl and plastic wrap. Using your hands, press remaining cookie-crumb mixture evenly over cream-cheese filling (remove any crumb mixture that falls onto plate with a pastry brush). Cut into wedges and serve immediately, or wrap in plastic and return to freezer until ready to serve, up to 3 days.

ACTIVE TIME: 50 MIN. | **TOTAL TIME:** 9 HR. 40 MIN. | **SERVES:** 16 TO 20

Chocolate-Sea-Salt-Brownie Ice Cream Sandwiches

These cookies can be baked, cooled, and stored in an airtight container at room temperature for up to two days.

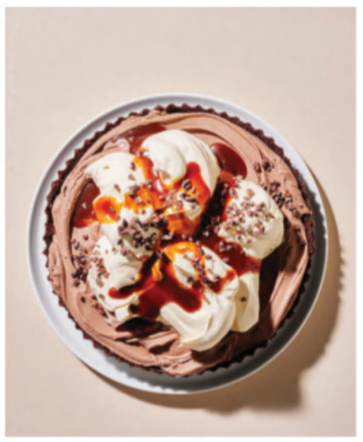
- **1 cup unbleached all-purpose flour**
- **¼ cup Dutch-process cocoa powder**
- **1 teaspoon baking powder**
- **½ teaspoon kosher salt (we use Diamond Crystal)**
- **6 ounces semisweet chocolate, such as Baker's, chopped (1½ cups)**
- **½ cup vegetable shortening, melted**
- **1 teaspoon pure vanilla paste or extract**
- **2 large eggs**
- **⅔ cup packed light-brown sugar**
- **⅓ cup granulated sugar**
- **Flaky sea salt, such as Jacobsen, for sprinkling**
- **2 pints assorted ice cream, such as pistachio, caramel, chocolate, and berry swirl**

1. Preheat oven to 350°, with racks in upper and lower thirds. Line 2 baking sheets with parchment. In a bowl, whisk together flour, cocoa, baking powder, and kosher salt. Melt chocolate in a heatproof bowl set over (but not in) a pot of simmering water, or in the microwave, stirring every 10 seconds. Stir in shortening and vanilla to combine. Beat eggs with both sugars on medium-high speed until pale, fluffy, and doubled in volume, about 5 minutes. Gently fold in flour and chocolate mixtures, alternating in two additions each, just to combine (do not overmix).

2. Scoop 1-ounce (2-tablespoon) balls of dough; transfer to prepared sheets, spaced 2 inches apart. Sprinkle tops with flaky salt. Bake, rotating sheets and rack positions halfway through, until cookies spread and dome, with small cracks beginning to form on tops, 8 to 10 minutes. Let cool on sheets on wire racks 5 minutes, then transfer cookies to racks and let cool completely.

3. Meanwhile, temper ice cream in refrigerator until softened but not melting, about 20 minutes. Sandwich ¼ cup ice cream between 2 cookies; repeat with remaining ice cream and cookies. Freeze until ice cream is firm, at least 1 hour, then transfer to a freezer bag to store up to 1 week.

ACTIVE TIME: 45 MIN. | **TOTAL TIME:** 2 HR. 20 MIN. | **MAKES:** 10



Frozen Café-Mochaccino Tart

For a savvy shortcut, you can use a good store-bought caramel sauce, such as Stonewall Kitchen.

CRUST

- **½ cup unbleached all-purpose flour**
- **⅓ cup sugar**
- **¼ teaspoon kosher salt (we use Diamond Crystal)**
- **3 tablespoons Dutch-process cocoa powder**
- **3 tablespoons chilled unsalted butter, cut into ½-inch cubes**
- **1 large egg yolk**
- **1 tablespoon heavy cream**
- **1 pint coffee ice cream**
- **1 cup chocolate ice cream (½ pint)**

CARAMEL MERINGUE

- **¾ cup plus 6 tablespoons sugar**
- **¼ teaspoon kosher salt (we use Diamond Crystal)**
- **⅓ cup heavy cream**
- **3 large egg whites**
- **¼ teaspoon cream of tartar**
- **Cocoa nibs or chocolate-covered espresso beans, for serving (optional)**

1. Crust: In a food processor, pulse flour, sugar, salt, and cocoa to combine. Add butter; pulse until mixture resembles coarse meal with some pea-size pieces remaining. Stir together yolk and cream; drizzle over flour mixture, pulsing several times to combine. Transfer mixture to a 9-inch fluted tart pan with a removable bottom, pressing evenly into bottom and up sides. Refrigerate until firm, about 20 minutes.

2. Preheat oven to 350°. Prick bottom of crust at 1-inch intervals with the tines of a fork. Bake until set and dry, about 15 minutes. Let cool completely on a wire rack. Meanwhile, temper both ice creams in refrigerator until softened but not melting, about 20 minutes. Stir together ice creams until no streaks remain; transfer to cooled crust, spreading all the way to edges and smoothing top with an offset spatula. Freeze until firm, about 1 hour (or wrap in plastic at this point and freeze up to 1 week).

3. Caramel meringue: In a small saucepan, combine 6 tablespoons sugar, salt, and 1 tablespoon water. Cover; cook over medium heat, swirling a few times, until boiling and sugar has dissolved, about 5 minutes. Uncover; continue boiling, undisturbed, until mixture turns medium amber, about 3 minutes more. Remove from heat. Carefully add cream (it will bubble and splatter); stir until smooth. Transfer to a heatproof bowl.

4. Combine egg whites, remaining ¾ cup sugar, and cream of tartar in a heatproof mixer bowl set over (but not in) a pot of simmering water. Whisk constantly just until mixture is warm to the touch and sugar has dissolved (it should feel smooth when rubbed between your fingers). Remove from heat; beat on high speed until stiff peaks form and mixture is no longer warm to the touch, 7 to 9 minutes. Reduce speed to low and beat in a scant ¼ cup caramel just to combine (do not overmix; caramel will still be warm). Spoon meringue over ice cream and freeze until firm, at least 4 hours (tart can be wrapped in plastic at this point and frozen up to 3 days). Cover and refrigerate remaining caramel until ready to serve.

5. Remove tart from pan; transfer to a cake plate. Drizzle top with remaining caramel (or serve alongside); sprinkle with cocoa nibs or decorate with chocolate espresso beans. Cut into wedges, dipping knife blade in hot water and wiping clean between each cut to ensure clean slices.

ACTIVE TIME: 40 MIN. | **TOTAL TIME:** 7 HR. **SERVES:** 10 TO 12

The Workbook

"In a Nutshell" Cake Cones

For our pairings, use white-chocolate shell and ganache with cashews and strawberry ice cream, milk-chocolate shell and ganache with peanuts and caramel ice cream, and dark-chocolate shell and ganache with hazelnuts and chocolate ice cream. Or create your own combinations! To prevent the cones from tipping over during transfer to and from the freezer, anchor them in a baking dish partly filled with dried beans or rice.

SHELL

- **4 ounces white, milk, or dark chocolate, such as Baker's, chopped (¾ cup)**
- **1 tablespoon unrefined coconut oil**

GANACHE

- **⅓ cup heavy cream**
- **2 ounces white, milk, or dark chocolate, such as Baker's, chopped (⅓ cup)**
- **1 tablespoon malt powder (for milk-chocolate variation only)**

ASSEMBLY

- **4 cake cones**
- **½ cup roasted cashews, peanuts, or hazelnuts, chopped**
- **1 pint strawberry, caramel, or chocolate ice cream**

1. Shell: Combine chocolate and oil in a heatproof bowl set over (but not in) a pot of barely simmering water. Gently stir just until melted and smooth. Remove from heat and let cool completely, 20 to 30 minutes. Mixture should thicken slightly but still be pourable (if it thickens too much, return bowl to pot of simmering water for 10 to 15 seconds).

2. Ganache: Bring cream to a boil in a small saucepan or microwave-safe bowl. Pour over chopped chocolate; let stand 5 minutes. Stir until smooth. Stir in malt powder, if using.

3. Assembly: Dip top of cones (about ½ inch) into shell, allowing excess to drip back into bowl. Roll in nuts. Transfer to freezer until set, 2 to 3 minutes. Sprinkle 1 tablespoon nuts into bottom of each cone, then fill halfway with ganache. Return to freezer until ganache is set, about 30 minutes. Top each cone with a scoop of ice cream. Pour 1 to 2 tablespoons shell over each scoop and quickly sprinkle with more nuts. Serve immediately, or freeze, loosely covered, up to 1 day.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR. 30 MIN. | **MAKES:** 4

Green-Tea Profiteroles

CRAQUELIN

- **4 tablespoons unsalted butter, softened**
- **¼ teaspoon kosher salt (we use Diamond Crystal)**
- **⅓ cup packed light-brown sugar**
- **½ cup unbleached all-purpose flour**
- **1 tablespoon black sesame seeds, plus more for serving (optional)**

PÂTE À CHOUX

- **4 tablespoons unsalted butter, cut into ½-inch pieces**
- **½ teaspoon granulated sugar**
- **¼ teaspoon kosher salt (we use Diamond Crystal)**
- **⅔ cup unbleached all-purpose flour**
- **2 large eggs, plus 1 large egg white, room temperature**

CRÈME ANGLAISE

- **1¾ cups whole milk**
- **½ cup granulated sugar**
- **¾ teaspoon ground ginger**
- **5 large egg yolks**
- **1 teaspoon pure vanilla paste or extract**
- **Green-tea ice cream and diced candied ginger (optional), for serving**

1. Craquelin: Beat butter with salt and brown sugar on medium-high speed until light and fluffy, about 2 minutes. Beat in flour and sesame seeds. Roll mixture between 2 sheets of parchment to a scant ⅛ inch thick. Freeze until firm, about 20 minutes.

2. Pâte à choux: Preheat oven to 375°. In a medium saucepan, bring butter, granulated sugar, salt, and ½ cup water to a boil. Remove from heat; using a wooden spoon, quickly stir in flour. Return to medium-high heat; cook, stirring constantly, until mixture pulls away from sides and a film forms on bottom of pan, 2 to 3 minutes. Remove from heat; let cool 2 minutes. Vigorously beat in whole eggs, 1 at a time, until dough is sticky and forms a soft peak when pressed and lifted with a finger. If peak doesn't form, beat remaining egg white and stir in a bit at a time until it does.

3. Transfer dough to a piping bag fitted with a ½-inch round plain tip (such as Ateco #806). Pipe eight 2-inch-diameter mounds onto a parchment-lined baking sheet (for easier piping, adhere corners of parchment to sheet with tiny dollops of dough). Stamp out frozen craquelin using a 2-inch round cutter (if dough cracks, let stand at room temperature 1 minute; if dough becomes too soft, return to freezer for a few minutes). Top choux mounds with craquelin rounds; do not press down.

4. Bake until profiteroles are puffed, golden brown, and hollow-sounding when tapped on bottoms, about 30 minutes. Turn oven off. Using a wooden skewer or toothpick, poke a hole in the side of each profiterole and leave in oven with door slightly ajar for 15 minutes (this will prevent the puffs from collapsing as they cool). Transfer profiteroles to a wire rack; let cool completely.

5. Crème anglaise: Prepare an ice-water bath, if using (see below). In a small saucepan, heat milk over medium-high just until bubbles form around edges and it starts to steam. Remove from heat. In a heatproof bowl, whisk together granulated sugar, ginger, and egg yolks until pale and thick, about 2 minutes. Slowly add hot milk, whisking constantly. Pour mixture back into pan. Cook over medium-low heat, stirring constantly, until custard is thick enough to coat the back of a spoon and a line holds when swiped with a finger, about 10 minutes. Strain mixture through a fine-mesh sieve into another bowl; stir in vanilla. Let cool over ice-water bath, stirring occasionally; or cover and refrigerate until cold, at least 30 minutes, or up to 5 days in an airtight container.

6. Spoon a few tablespoons of crème anglaise onto serving bowls. Using a serrated knife, split profiteroles horizontally and place bottoms in bowls. Top each with a scoop of ice cream and pastry tops. Sprinkle with candied ginger and more sesame seeds; serve immediately.

ACTIVE TIME: 50 MIN. | **TOTAL TIME:** 2 HR. 35 MIN. | **MAKES:** 8

Tropical-Sorbet-and-Meringue Stack Cake

For a striking presentation, pick sorbets in bright, complementary colors.

- **1¼ cups sugar**
- **4 teaspoons cornstarch**
- **5 large egg whites, room temperature**
- **1¼ teaspoons fresh lemon juice**
- **¼ teaspoon kosher salt (we use Diamond Crystal)**
- **3 pints fruit-flavored sorbets, such as mango, blood orange, and blueberry–passion fruit**
- **1 cup heavy cream**
- **Fresh raspberries and blackberries, toasted unsweetened flaked coconut, and chia or hemp seeds, for serving (optional)**

1. Preheat oven to 250°, with racks in upper and lower thirds. Stir together sugar and cornstarch. In the bowl of a mixer fitted with the whisk attachment,

beat egg whites with lemon juice and salt on low speed until frothy. Increase speed to medium-high and gradually add sugar mixture, beating until stiff, glossy peaks form, 8 to 10 minutes.

2. Draw two 5-by-10-inch rectangles on a sheet of parchment, spaced at least 2 inches apart. Turn parchment upside-down on a baking sheet and adhere corners with masking tape or tiny dollops of meringue. Repeat with another sheet of parchment and baking sheet, so you have 4 rectangles total. Divide meringue evenly among rectangles; spread to edges with an offset spatula.

3. Bake until meringues are crisp and dry on outsides, but not developing any color, about 1 hour. Turn oven off (do not open door); let cool and continue drying in oven at least 2 hours and up to 1 day.

4. Temper sorbets in refrigerator until softened but not melting, about 15 minutes. Transfer one meringue layer to a freezer-safe plate or tray. Gently spread one pint of sorbet evenly to edges of meringue. Repeat with remaining meringue and sorbet layers, topping with last meringue layer. Freeze until firm, at least 3 hours or, wrapped in plastic, up to 2 days.

5. Beat cream to soft peaks on medium-high speed. Spread over top of cake; sprinkle with berries, coconut, and seeds. Slice and serve immediately, or cover with plastic wrap and return to freezer until ready to serve, up to 4 hours.

ACTIVE TIME: 40 MIN. | **TOTAL TIME:** 6 HR. 45 MIN. | **SERVES:** 10 TO 12

SPICE OF LIFE

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Andhra Gunpowder

Andhra cuisine would be incomplete without condiments. *Podis* (spice powders) are the crowning glory; most families have their own secret recipes. This potent blend adds a quick, easy boost of flavor to any meal. It's great sprinkled over a fried egg or vegetable stir-fry, and delicious with rice and a dollop of ghee.

- **1 cup roasted gram (aka chana dalia or roasted split chickpeas; available at Indian markets)**
- **1 tablespoon unsweetened shredded coconut**
- **¼ teaspoon vegetable oil**
- **1 teaspoon cumin seeds, such as Diaspora Nagauri**
- **1 teaspoon coriander seeds, such as Diaspora Nandini**
- **6 to 10 dried red chiles, such as Diaspora Guntur sannam (or fewer, if desired, for less spice), broken in half**
- **Kosher salt (we use Diamond Crystal)**
- **½ teaspoon sugar**
- **10 cloves garlic, smashed and peeled**
- **10 dried curry leaves (available at Indian markets or *kalustyans.com*)**

1. Heat a small, heavy skillet (such as cast iron) until very hot, then reduce heat to low and add gram. Cook, shaking occasionally, until it smells slightly toasty, 1 to 2 minutes. Transfer to a plate. Add coconut to skillet; cook over low heat, stirring constantly, until fragrant and golden brown, about 30 seconds. Transfer to plate; let cool completely. In a spice grinder or mortar and pestle, grind gram and coconut to a fine powder.

2. Heat oil in same skillet over high until very hot. Reduce heat to low and add cumin, coriander, and chiles. Cook until chiles crackle (taking care not to burn ingredients), 1 to 2 minutes. Transfer to a plate; let cool completely. Grind to a powder in spice grinder or mortar and pestle.

3. Transfer ground spices to a food processor with 1 teaspoon salt, sugar, garlic, and curry leaves; pulse a few times to coarsely crush garlic. Transfer to a bowl and stir in gram-coconut mixture. Blend can be refrigerated in an airtight container up to 1 week.

ACTIVE/TOTAL TIME: 15 MIN.
MAKES: ABOUT 1 CUP

Eggplant Roti Pachchadi

Fresh vegetable chutneys are a staple in many homes in Andhra. They're usually hand-pounded to retain the full flavor, texture, and goodness of the ingredients. This one is excellent with steamed rice or flatbread. *Roti* means "in a mortar and pestle" in Telugu, the language spoken in Andhra—not to be confused with the Indian flatbread.

- **½ teaspoon coriander seeds, such as Diaspora Nandini**
- **1 teaspoon cumin seeds, such as Diaspora Nagauri**
- **¼ teaspoon fenugreek seeds (available at Indian markets or *kalustyans.com*)**
- **Kosher salt (we use Diamond Crystal)**
- **1 small eggplant, or ½ large (about 8 ounces)**
- **¼ cup plus 1 teaspoon vegetable oil**
- **1 small onion, finely chopped (1 cup)**
- **4 to 5 cloves garlic, smashed and peeled**
- **2 medium tomatoes, coarsely chopped (2 cups)**
- **3 to 4 Indian green or serrano chiles, broken in half**
- **½ teaspoon ground turmeric, such as Diaspora Pragati**
- **1 teaspoon tamarind paste, such as Tamicon (available at *amazon.com*)**
- **2 to 3 tablespoons coarsely chopped fresh cilantro leaves**
- **1 teaspoon sugar**
- **1 teaspoon black mustard seeds, such as Diaspora**
- **2 dried red chiles, such as Diaspora Guntur sannam, broken in half**
- **10 to 12 fresh curry leaves (available at Indian markets or *kalustyans.com*)**

1. Combine coriander, cumin, and fenugreek seeds in a small, heavy skillet (such as cast iron) over medium heat. Cook, swirling, until fragrant, 3 to 5 minutes. Transfer to a plate and let cool completely, then crush in a large mortar and pestle (or grind in a spice grinder).

2. Combine 2 cups cold water with 1 teaspoon salt in a bowl. Wash eggplant, cut off stem, and cut into ½-inch pieces; you should have about 2½ cups. Add to bowl (this prevents discoloration and mellows the inherent bitterness).

3. Heat ¼ cup oil in a large straight-sided skillet over high until very hot. Drain eggplant and pat dry; add to skillet, reduce heat, and cook, stirring occasionally, until turning translucent at edges, 3 to 4 minutes. Add onion and garlic; stir for a few seconds, then stir in tomatoes, green chiles, turmeric, 1 teaspoon salt, and a splash of water. Cover and cook, stirring occasionally, until eggplant is soft, 8 to 10 minutes, adding more water if eggplant is sticking. Remove from heat; let cool completely. Transfer mixture to mortar and pestle with tamarind paste, cilantro, sugar, and ground toasted spices; pound coarsely to combine. (Or pulse in a food processor a few times.)

4. Heat remaining 1 teaspoon oil in a small, heavy skillet (such as cast iron) over high until very hot. Add mustard seeds. When they sputter, add dried red chiles and curry leaves; cook, swirling, a few seconds. Pour over chutney.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 25 MIN.
MAKES: ABOUT 2¼ CUPS

Sana's Turmeric Gin and Tonics

- **½ teaspoon finely grated lemon zest, plus 2 tablespoons fresh juice**
- **½ teaspoon ground turmeric, such as Diaspora Pragati**

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- ¼ teaspoon grated fresh ginger (optional)
- 3 to 4 ounces gin, such as St. George or Stranger & Sons
- Tonic water, such as Fever-Tree or Svami

In a cocktail shaker or Mason jar, combine lemon zest and juice, turmeric, ginger, gin, and 4 to 6 ice cubes. Seal lid tightly and shake vigorously about 20 seconds. Strain (through a fine-mesh strainer, if using jar) into two ice-filled glasses. Top each with tonic to taste (4 to 5 ounces); serve.

ACTIVE/TOTAL TIME: 5 MIN. | **SERVES:** 2

Guntur-Chile Chicken

This chicken dish is named after the famed fiery Guntur chiles from the South Indian state of Andhra Pradesh. Its distinguishing feature is a masala reduction that coats each piece of chicken by the end of the cooking process. The masala caramelizes in the juices from the meat and is scraped from the bottom of the pan periodically to be mixed with the cooking chicken. The spices concentrate, fuse together, and permeate the meat.

- 2¼ pounds bone-in chicken breasts, thighs, and drumsticks
- 1 tablespoon minced or grated garlic (from 2 to 3 cloves)
- 1 tablespoon minced or grated fresh ginger (from a 2-inch piece)
- Kosher salt (we use Diamond Crystal)
- 1 to 1½ teaspoons ground dried red chiles, such as Diaspora Guntur sannam
- ½ teaspoon ground turmeric, such as Diaspora Pragati
- 2 tablespoons whole-milk yogurt (not Greek)
- 2 teaspoons coriander seeds, such as Diaspora Nandini
- 1 teaspoon cumin seeds, such as Diaspora Nagauri
- ¼ teaspoon fenugreek seeds (available at Indian markets or *kalustyans.com*)
- 3 tablespoons unsweetened shredded coconut
- ¼ cup plus ½ teaspoon vegetable oil
- 4 to 5 dried red chiles, such as Diaspora Guntur sannam (or fewer, if desired, for less spice)
- 6 whole cloves, such as Diaspora Kandyan
- 2 green-cardamom pods, such as Diaspora Baraka, 1 whole, 1 crushed
- 2 cinnamon-stick pieces (each about 1 inch long)
- 3 onions, chopped (about 5 cups)
- 4 Indian green or serrano chiles, slit lengthwise halfway through (left attached at stem ends)
- 2 to 3 teaspoons freshly coarse-ground black pepper, such as Diaspora Aranya
- 1 tablespoon ghee
- 8 to 10 fresh curry leaves (available at Indian markets or *kalustyans.com*)
- Steamed rice or flatbread, for serving

1. Remove chicken skin. then cut chicken into 2-to-3-inch pieces with a cleaver or a heavy knife (you can ask your butcher to do this). In a large bowl, stir together 1½ teaspoons garlic, 1½ teaspoons ginger, 1 teaspoon salt, ground chiles, turmeric, and yogurt. Add chicken; rub mixture all over it to coat. Let stand at room temperature 1 hour.

2. Make masala: Combine coriander, cumin, and fenugreek seeds in a small, heavy skillet (such as cast iron) over medium heat. Cook, swirling, until fragrant, about 5 minutes. Transfer to a bowl. Add coconut to skillet; cook over low heat, stirring, until golden and fragrant, about 30 seconds. Transfer to bowl with spices. Add ½ teaspoon oil to skillet. Add chiles, increase heat to medium, and cook until aromatic, about 30 seconds. Transfer to bowl; let cool completely, about 15 minutes. Transfer mixture to a spice grinder or mortar and pestle with 4 cloves, whole cardamom pod, and 1 cinnamon piece. Grind to a fine powder.

3. Heat remaining ¼ cup oil in a large Dutch oven or other heavy pot over high until shimmering. Reduce heat to medium; add remaining 2 cloves and cinnamon piece and crushed cardamom pod. Add onions and cook, stirring, until beginning to brown, 7 to 8 minutes. Add remaining 1½ teaspoons garlic and 1½ teaspoons ginger, and green chiles; cook 2 minutes more. Add chicken and stir well; cook until beginning to brown, about 5 minutes. Add 1 cup of water; bring to a boil, then cover, reduce heat to low, and cook until most of liquid has evaporated, 10 to 15 minutes, checking once or twice to make sure chicken isn't sticking (if it is, add a splash of water and stir to release).

4. Add coriander-coconut masala, black pepper, and 1 teaspoon salt to Dutch oven; stir well. Continue to cook, uncovered, stirring occasionally and scraping off any masala bits that stick to bottom of pan, until sauce thickens and chicken is cooked through, about 10 minutes more. Drizzle with ghee, sprinkle with curry leaves, and cook 1 minute more. Cover and remove from heat; let stand 5 minutes. Serve hot, with steamed rice or flatbread.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 2 HR.
SERVES: 4

Asha's Cacao Cookies

Cacao powder offers a lighter, more milk-chocolaty flavor than regular cocoa.

- 1 cup unbleached all-purpose flour
- ¼ cup cacao powder, such as Diaspore Anamalai
- ½ teaspoon kosher salt (we use Diamond Crystal)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom, such as Diaspora Bakara
- ¼ teaspoon freshly grated nutmeg, such as Diaspora Anamalai
- ⅛ teaspoon ground cloves
- 1 stick unsalted butter, softened
- ¼ cup granulated sugar
- ¼ cup packed light-brown sugar
- 1 teaspoon pure vanilla extract
- 1 cup confectioners' sugar
- 2 to 4 tablespoons unsweetened coconut milk
- ½ cup unsweetened shredded coconut, toasted

1. In a bowl, whisk together flour, cacao, salt, cinnamon, cardamom, nutmeg, and cloves. In a large bowl, beat butter with granulated and brown sugars until light and fluffy, 4 to 6 minutes. Add vanilla; beat 30 seconds more.

2. Scrape down sides of bowl, then add flour mixture; beat on low until a cohesive dough forms. Turn out onto a large piece of plastic wrap. Fold plastic over dough and form into a log about 2 inches in diameter and 6 inches long. Refrigerate at least 2 hours and up to 1 day.

3. Preheat oven to 325°. Using a sharp knife, slice dough into ½-inch-thick rounds, turning log slightly with each slice (this helps keep a round shape as you cut). Place rounds about 1 inch apart on parchment-lined baking sheets. Bake until firm in center and slightly darker around edges, 13 to 15 minutes. Let cool on sheets 5 minutes, then transfer to wire racks; let cool completely.

4. Stir together confectioners' sugar and 2 tablespoons coconut milk in a small bowl until thick and pourable. (If glaze is too thick, add more coconut milk, 1 teaspoon at a time, until you reach desired consistency.) Hold a cookie over bowl and spoon glaze over half of it, letting excess drip back into bowl. Keep spooning glaze over cookie until it forms an even layer. Return cookie to rack and sprinkle with toasted coconut down center edge of glaze. Repeat with remaining

cookies. Let stand until glaze sets, 1 to 2 hours. Cookies can be stored in an airtight container at room temperature up to 3 days.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 4 HR. 45 MIN. | **MAKES:** ABOUT 24

Peach Shrikhand

Shrikhand is a quintessential Indian dish, served as either a summer dessert or a side dish with puris (puffed whole-wheat flatbread).

- **2 cups full-fat Greek yogurt**
- **2 medium peaches, pitted and peeled (or ½ cup peach purée), plus 1 peach, sliced or diced, for serving**
- **½ cup confectioners' sugar**
- **¼ teaspoon cardamom seeds (from 2 to 3 pods), such as Diaspora Baraka, ground to a powder**
- **Pinch of saffron threads (about 20), such as Diaspora**
- **Dried rose petals, such as Diaspora Paneer, and chopped roasted unsalted pistachios, for serving**

1. Place yogurt in cheesecloth set in a strainer over a bowl. Gather corners of cheesecloth and tie into a knot. Refrigerate 24 hours. (This will yield about 1 cup strained yogurt.) Transfer to a large bowl; whisk until smooth.

2. Combine peeled peaches, sugar, cardamom, and half of saffron in a food processor; pulse to combine well. Add all but a few tablespoons of mixture to strained yogurt and whisk until well combined. Fold in remaining purée. Refrigerate at least a couple of hours and up to 2 days before serving, garnished with sliced peaches, remaining saffron, rose petals, and pistachios.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 2 HR. 10 MIN., PLUS STRAINING | **SERVES:** 4

GET YOUR GRILL ON

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Bistro Burgers

Transferring the onions and patties to a covered skillet as they come off the grill keeps them warm and juicy.

- **⅓ cup mayonnaise**
- **3 tablespoons Dijon mustard**
- **2 tablespoons freshly grated horseradish**
- **Kosher salt and freshly ground pepper**
- **1½ pounds ground beef (85 percent lean)**
- **4 brioche buns, split**
- **Vegetable oil, for drizzling and grill**
- **1 large sweet onion, such as Vidalia (12 ounces), sliced into ½-inch-thick rounds**
- **2 tablespoons Worcestershire sauce**
- **4 slices sharp white cheddar**
- **2 beefsteak tomatoes, sliced into thick rounds**
- **Flaky sea salt, such as Jacobsen**
- **Mixed greens, such as watercress and chopped radicchio, and cornichons, for serving**

1. Stir together mayonnaise, 1 tablespoon mustard, and horseradish. Season lightly with salt and pepper. Form beef into 4 patties, each slightly larger in circumference than buns. Make a small indent in center of each patty with your thumb (to keep them from puffing up on the grill). Cover loosely and refrigerate until ready to cook.

2. Heat grill to medium-high, and place a large straight-sided skillet with a lid nearby. Brush grates with oil. Drizzle onions lightly with oil; season with salt and pepper. Grill, flipping once, until well charred and crisp-tender (they should still maintain a bit of crunch), 7 to 9 minutes. Transfer to skillet, drizzle with Worcestershire sauce, and cover with lid. Cover grill and return to medium-high heat.

3. Generously season indented sides of patties with salt and pepper. Brush with remaining 2 tablespoons mustard. Brush grates with oil. Place patties on grill, indented-sides down, and generously season other sides. Cook until lightly charred, 3 to 4 minutes. Flip patties, top each with cheese, and cover grill. Continue to cook, moving occasionally as needed to avoid flare-ups, until cheese has melted and burgers are cooked through, 3 to 4 minutes more. Transfer to skillet; cover with lid. Grill buns, cut-sides down, until lightly toasted, about 1 minute.

4. Sprinkle tomatoes with flaky salt. Spread both sides of buns with horseradish mixture, then add patties, onions, and greens. Serve, with salted tomatoes and cornichons alongside.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 40 MIN. **SERVES:** 4

Grilled Chicken Thighs With Charred Corn and Summer Squash

This recipe also works great with chicken cutlets: just grill them over high heat for about two minutes a side.

- **1 teaspoon grated lemon zest, plus ¼ cup fresh juice**
- **¾ teaspoon grated garlic**
- **1 tablespoon minced shallot**
- **6 tablespoons extra-virgin olive oil, plus more for drizzling**
- **Kosher salt and freshly ground pepper**
- **1 cup fresh herbs, such as mint and dill, chopped, plus ½ cup whole leaves and sprigs for serving**
- **1½ pounds boneless, skinless chicken thighs (4 to 6)**
- **Vegetable oil, for grill**
- **3 ears corn, husks and silks removed**
- **3 large zucchini or summer squash (about 1½ pounds), cut into ¾-inch-thick rounds**
- **1 ounce Pecorino Romano, shaved (½ cup)**

1. Heat grill to high. In a shallow baking dish, whisk together lemon zest and juice, garlic, shallot, and olive oil. Season with salt and pepper. Stir in chopped herbs.

2. Season both sides of chicken with salt and pepper; drizzle lightly with olive oil. Brush grates with vegetable oil. Grill chicken, turning once, until charred in places and a thermometer inserted into thickest parts registers 160°, 8 to 10 minutes. Transfer to dish and turn to coat with lemon mixture; tent with foil. Cover grill; return to medium-high heat.

3. Drizzle vegetables lightly with olive oil; toss to coat. Season with salt and pepper. Grill, turning occasionally, until vegetables are charred in places and squash is crisp-tender, 6 to 8 minutes. Transfer to a plate. Let corn cool slightly, then strip kernels from cobs and transfer to a serving platter with squash, cheese, and herb leaves. Top with chicken; spoon more lemon mixture over top, if desired.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 55 MIN. **SERVES:** 4

Grilled-Skirt-Steak-and-Hearts-of-Palm Salad

A resealable bag is an effective and space-efficient way to get the most out of a short marinade time.

- **4 teaspoons red curry paste, such as Maesri**
- **2 tablespoons vegetable oil, plus more for brushing and grill**
- **12 ounces skirt steak, cut crosswise into 4 even pieces**
- **Kosher salt and freshly ground pepper**
- **1 teaspoon grated lime zest, plus ¼ cup fresh juice (from 2 limes)**
- **1 tablespoon packed light-brown sugar**
- **2 tablespoons fish sauce**
- **6 ounces rice vermicelli**
- **1 jar (15 ounces) hearts of palm, drained, each halved lengthwise**

The Workbook

- 1½ cups halved cherry tomatoes
- ½ cup fresh herb leaves, such as cilantro and basil
- 4 cups packed mizuna or mixed Asian greens

1. Whisk together 1 tablespoon each curry paste and oil. Season steak with salt and rub all over with curry mixture. Transfer to a resealable bag and let stand, massaging occasionally, 10 minutes (or refrigerate up to 1 day). Meanwhile, in a small bowl, whisk together lime zest and juice, sugar, fish sauce, and remaining 1 teaspoon curry and 1 tablespoon oil. Season with salt.

2. Cook noodles in a large pot of boiling water until just tender, about 2 minutes; drain. Rinse under cold water; drain well.

3. Heat grill to high. Brush grates with oil. Grill steak, flipping once, until charred in places and a thermometer inserted into thickest parts registers 125° for medium-rare, about 3 minutes per side. Transfer to a plate; tent with foil. Meanwhile, brush hearts of palm lightly with oil. Grill, flipping once, until charred in places, 1 to 2 minutes total. Transfer to plate and brush with 1 tablespoon fish-sauce dressing. Let steak rest 10 minutes, then slice against the grain.

4. To serve, toss tomatoes, vermicelli, and herbs with three-quarters of dressing and any accumulated steak juices. Season with salt and pepper. Divide greens among 4 plates; top with vermicelli mixture, hearts of palm, and steak. Drizzle remaining dressing over top.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 50 MIN.
SERVES: 4

Chipotle-Shrimp Tacos With Fennel and Beans

If marinating the shrimp overnight, thread them, then drizzle with olive oil just before grilling.

- 2 tablespoons minced garlic (from 5 to 6 cloves)
- Kosher salt and freshly ground pepper
- 2 tablespoons finely chopped chipotles in adobo, plus 1 tablespoon sauce
- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 pound large shrimp, peeled and deveined, tails removed
- 2 tablespoons finely chopped fresh cilantro stems, plus ¼ cup leaves for serving
- 1 can (15 ounces) pinto beans, drained and rinsed
- 1 lime, halved
- Vegetable oil, for grill
- 12 flour tortillas (each 6 inches)
- 1 small fennel bulb, halved, cored, and thinly sliced (about 2 cups)
- Sour cream, for serving

1. With the side of a heavy knife, mash 1 tablespoon garlic and ½ teaspoon salt to a paste. Transfer to a bowl; stir in chipotles and sauce and 1 tablespoon olive oil. Add shrimp and toss to coat. Let stand at least 15 minutes (or refrigerate in an airtight container up to 1 day).

2. Heat remaining 2 tablespoons olive oil in a skillet over medium. Add remaining 1 tablespoon garlic and cilantro stems; cook until fragrant and garlic is just golden, about 1 minute. Stir in beans and ½ cup water. Season with salt and pepper. Reduce heat and simmer, mashing some beans with the back of a spoon, until liquid has mostly evaporated, 3 to 5 minutes. Season to taste and squeeze half of lime over top. Remove from heat; cover to keep warm.

3. Heat grill to high. Thread shrimp onto metal or presoaked wooden skewers (2 to 3 a skewer). Brush grates with vegetable oil. Grill shrimp, undisturbed, until charred in spots and easily lifted from grates, about 2 minutes. Using tongs, flip skewers and cook until shrimp are opaque, about 1 minute more. Transfer to a plate; tent with foil.

4. Blister tortillas over direct heat, flipping once, about 30 seconds each. Wrap in a clean towel to keep warm. Just before serving, toss fennel with juice of remaining lime half and a generous drizzle of olive oil; season with salt and pepper. To serve, pile tortillas with beans, fennel slaw, and a shrimp skewer. Top with cilantro leaves and sour cream.

ACTIVE TIME: 50 MIN. | **TOTAL TIME:** 1 HR. 5 MIN. | **SERVES:** 4

Summer-Veggie Melts With Caper Sauce

- 1 small clove garlic, peeled and chopped
- Kosher salt and freshly ground pepper
- ½ cup mayonnaise
- 2 teaspoons sherry vinegar
- 2 tablespoons capers, drained and roughly chopped
- ¼ cup fresh basil leaves, roughly chopped
- 2 bell peppers, cored, seeded, and cut lengthwise into sixths
- 1 red onion, cut into ½-inch-thick rounds
- 1 bunch Broccolini, tough ends trimmed (8 ounces)
- Extra-virgin olive oil, for drizzling and brushing
- Vegetable oil, for grill
- 2 hoagies or soft baguettes (each 12 inches), split
- 4 ounces thinly sliced provolone

1. With the side of a heavy knife, mash garlic and ½ teaspoon salt to a paste. Transfer to a bowl and stir in mayonnaise, vinegar, capers, and basil.

2. Heat grill to high for both direct and indirect cooking. Drizzle bell peppers, onion, and Broccolini lightly with olive oil; season with salt and pepper. Brush grates with vegetable oil. Grill vegetables over direct heat, turning occasionally, until charred in places and crisp-tender, 8 to 9 minutes for peppers and onions; 4 to 5 minutes for Broccolini. Transfer to a plate; tent with foil.

3. Brush bread with olive oil and grill, cut-sides down, until lightly toasted, about 1 minute. Flip bread and move to indirect heat. Add cheese to one side, cover grill, and melt, 2 to 3 minutes. To serve, layer vegetables over melted cheese and spread other sides of bread with caper sauce. Cut each baguette in half to serve.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 45 MIN.
SERVES: 4

Glazed Pork Chops and Blistered Shishitos

- ¼ cup hoisin sauce
- 2 tablespoons chili-garlic sauce, such as Huy Fong, or sambal oelek
- 4 boneless pork chops (each about ¾ inch thick; about 1 pound total)
- Kosher salt and freshly ground pepper
- Vegetable oil, for grill and drizzling
- 12 ounces shishito peppers
- ½ small lemon
- Flaky sea salt, such as Jacobsen
- 4 cups finely shredded green cabbage
- Sesame-Ginger Sauce (recipe follows) and steamed rice, for serving

1. Whisk together hoisin and chili-garlic sauce. Reserve 2 tablespoons mixture; transfer rest to a resealable bag. Season pork chops on both sides with salt and pepper; add to bag. Let stand, massaging occasionally, 15 minutes (or refrigerate up to 1 day).

2. Heat grill to medium-high. Brush grates with vegetable oil. Drizzle peppers with oil; season with salt and pepper. Spread in an even layer over grates and grill, turning once, until charred in places and just tender, 3 to 5 minutes. Transfer to a platter, squeeze lemon over top, and season with flaky salt. Cover grill and return to high heat.

3. Remove pork from bag (discarding marinade) and grill, flipping once and brushing occasionally with reserved hoisin mixture, until charred in places and a thermometer inserted into thickest parts registers 140˚, 5 to 7 minutes total. Transfer to platter alongside shishitos. Serve with cabbage, sesame-ginger sauce, and steamed rice.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 50 MIN.
SERVES: 4

Sesame-Ginger Sauce

This is also excellent over mixed greens, or tossed with cold noodles.

- **⅓ cup toasted sesame seeds**
- **2 tablespoons minced fresh ginger**
- **2 tablespoons sugar**
- **¼ cup reduced-sodium soy sauce**
- **¼ cup unseasoned rice vinegar**
- **¼ cup vegetable oil**

In a blender or mini food processor, blend sesame seeds, ginger, sugar, soy sauce, vinegar, and 2 teaspoons water until well combined. With motor running, add oil in a slow stream until combined. Sauce can be refrigerated in an airtight container up to 3 days.

ACTIVE/TOTAL TIME: 10 MIN. | **MAKES:** ABOUT 1 CUP

Sources

GOOD THINGS

Page 15: **DutchCrafters Amish pine-wood table and bench patio furniture set** *(similar to benches shown), in Unfinished Pine, $395, dutchcrafters.com.* **Heather Taylor Home Goldenrod small tablecloth,** *63" by 72", in Gingham, $186; and* **Goldenrod small pillows,** *20" by 20", in Amalfi, $125 each, heathertaylorhome.com.* **Round natural-weave straw handmade pillows,** *30 cm, $35 each, bigworld19.etsy.com.* **Xenia Taler Coco Check side plate** *(similar to shown), $40 for 4, xeniataler.com.* **Ikea Vardagen glasses,** *$4 for 6; and* **Korken bottles** *(used for condiments), $3 for 3, ikea.com.* **The Clear Conscious small round palm-leaf plates,** *6", $15 for 25; and* **Wamery bamboo cutlery set,** *$18 for 18 pieces, amazon.com.*

THE GREAT UPDATE

Page 82: **Hunter ceiling fan,** *hunterfan.com.* **RH sconce,** *rh.com.*

Page 83: **Sisal doormat,** *overstock.com.* **White-oak floors, finished in Rubio Monocoat,** *pcwoodfloors.com.*

Page 84: **Roanoak Co. island pendant lights,** *roanoakco.etsy.com.* **Sylvania LED vintage diamond-shaped bulbs,** *amazon.com.* **Shinola wall clock,** *shinola.com.* **Rugs,** *rugs.com.* **Dining table,** *designed by Annie Mennes and made by a local millworker (Ptacek Home).* **Light & Living dining-table pendant lamp,** *light-living.com.*

Page 85: **Woven kilim rug,** *woven.is.* **Sean Dix coffee table,** *inmod.com.* **J. Seitz & Co. throw,** *jseitz.com.* **Kontrast matching tables,** *kontrastco.com.* **Vase,** *urbanoutfitters.com.*

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